

NEW BODIES FOR OLD

*Why Where and How to Exercise
for Figure Beauty and Health*

By
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Drawings by
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I

REFASHION YOUR FIGURE

NEW BODIES FOR OLD

I

REFASHION YOUR FIGURE

FIGURE beauty is a subject alive with interest, but the type of figure beauty that commands admiration to-day is different from any type admired in the past. This new Figure Beauty follows no traditional ideal. We are actually sculpturing from this body, fashioned by racial habits of centuries, a new figure type.

To-day the body that is considered beautiful is lined down to its essentials. It carries a minimum of fatty tissue. It is, primarily, a figure of bone and muscle over which a silken skin stretches in taut perfection. Only a pliant cushion of soft, lean muscle softens its contour. And in nothing so much as in muscle type is our changing ideal of Figure Beauty clearly demonstrated.

Short, bunchy muscles, strong as iron, are no longer admired. The slender, sheath-like muscle, with the potential energy and pliancy of steel, has

taken first place. Firm muscles, well blended, harmoniously developed, are part of the new Figure Beauty. Their perfect co-ordination carries over into everything that we do, from sweeping a room or lifting the baby, into walking, dancing, and all sports.

The silhouette of such a body is an undulating silhouette. It flows in a series of wave-like curves that rise and fall in subtle, logical sequence from head to toe. Every line is honest, dynamic, and suggests the active muscle beneath. Yet so perfect are its proportions that it gives no impression of being muscular.

Rather the impression is one of ultimate neatness and trimness. Of being ship-shape, alive, eager. Of a body ready to welcome any challenge, and able to rise easily superior to it. In this *functional* perfection is the real beauty of this new-type figure.

The photograph which I have chosen as an illustration shows you the true and complete conception of this new Functional Figure. Study that picture. It is the ideal figure of to-day.

While you look at that picture, do you not find yourself thinking: "Here is a completely beautiful body. It can do all that a body should do. It can move—rest—relax at ease. It can breathe, digest, eliminate. Its external symmetry indicates the

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internal health of all its organs. Even its skin seems alive—it is unblemished and glowing with health. Here is a body that can wear clothes proudly or no clothes just as proudly. It can function. It can live! ”

This new ideal of Figure Beauty—the *functional figure*—is the direct result of to-day's thinking. It is as typical of the present as the figure with the wasp waist was typical of the artificialities of the seventeenth-century French court; just as characteristic of the period as were the fat-padded Victorian ladies who were admired in that era—an era which glorified plush furniture, five-hour Sunday dinners, and ‘conspicuous waste.’

The modern mind has cast off sham and sentimentalism. It admires health rather than ‘the vapours.’ It is a mind on the march—brave, seeking, honest, eager.

The clothes we wear say just this. They are cut to a purpose. The houses we are building, our furniture, china, glass, motor-cars—all are *functional*.

Even when we go in for artificialities we are honest about them. We wear junk jewellery not because it looks real but because we like its colour, design, effect. Which is precisely what sham jewellery possesses.

It is inevitable that bodies should be regarded just as honestly—that the figure I term *functional* should be the ideal of to-day, and that every woman who wishes to take her place in the sun must sculpture her body to this new silhouette.

For bodies can be barriers!

Just consider your body from one viewpoint only—that of, as the *débutantes* so glibly term it, ‘a clothes-horse.’ How many times do you plan to buy a gay-coloured print, or a bright red or brilliant green dress . . . one glance in the mirror, and you leave the shop with the usual navy blue or drab brown! You want a suit that has smart, dashing lines . . . you buy instead the usual box-like coat.

How do you look in a bathing-suit? Does the frankness of the trim one-piecers make you long to conceal scrawny shoulders and arms and legs beneath the voluminous costume of yesterday?

Such colours and lines and cloth hide embarrassing hills and hollows, and so your body becomes the barrier which stands between you and the gay adventure of clothes.

Even more important is the barrier which a weak body sets up. Just when you want to go out and enjoy yourself you’re dead tired. The children get on your nerves. The thought of stiff, aching

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muscles to-morrow holds you back from a game of golf, tennis, a hike, to-day—and so you pass by the good times.

When you go out to a party, to meet friends or new and interesting people, the realization of over-large hips, rounded shoulders, a drooping bust, makes you depressed. You feel inferior and so you do not talk or look your best. Often it is just a few inches—a few pounds—that builds this seemingly unsurmountable barrier.

Streamline your body. Sculpture it to functional lines. Then you will know no such barriers.

The surest, quickest, most healthful way to do this is by exercise.

Here is exactly what happens when you exercise:

Your mind orders a certain part of your body to move. The muscles in that part contract. They relax and again contract. The blood is rushed in and out of them. The heart works faster and harder to give these active muscles more blood. With every movement they use up the oxygen and food in the blood stream. They call on the blood for more—five, six, eight times more.

The lungs work more deeply and faster to supply more oxygen. The liver is urged to give up its emergency food supply. Arteries and veins contract and dilate as the rich blood courses

vigorously along to the active muscles. Stale food and fatigue poisons which would otherwise linger to pollute the system are forced along and out. Knots in the nerves are ironed away.

And no music! I have tried music with my exercise classes and with individual students, but have found that far better results can be obtained without it. It is sometimes effective in extremely nervous cases; but as a rule nothing handicaps a sincere effort in body movement, the real pleasure and satisfaction of progress in body motion, more than a wireless set or gramophone playing a tune. The student tries to fit her exercise to its set rhythm, and the result usually is bad.

Every body has a rhythm of its own. It needs no extra stimuli. As your body moves, obeying the command of mind, you sense your own rhythm. It will ripple through your muscles, sing along your nerves. Gradually, as your body movements are co-ordinated more and more harmoniously, you come to know this pure joy of movement. It is one of life's great experiences. It is no more to be compared to exercising to music rhythms than is conditioned air, though pure, comparable to the fresh, heady atmosphere of a dewy spring morning.

If these exercises did no more than awaken you

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to a realization of this joy of body motion, they would be well worth while. But they can do more—much more.

While they refashion the body to this new functional pattern, nerve strain and muscle tension are relieved. Degeneration of the muscles is prevented. Digestion and assimilation of food into blood, tissues, and energy are induced. The functions of glands and organs are regulated, and the thorough elimination of waste by the lungs, intestines, kidneys, and skin is quickened. Even the walls of the blood vessels are kept pliable and elastic, and lung and heart action made more regular and steady by the right type of exercise.

As you follow these routines from day to day and week to week, this new co-ordination of muscle and mind will first be noted in your walk and in your most ordinary movements. Your step will grow lighter, brisker. You will bend with ease, dance longer with pleasure. Your posture will improve noticeably.

Meanwhile the perfect functioning of your organs and glands will begin to show in your skin, hair, eyes, nails. For just as these are affected by sickness, so, too, do they mirror improved health. Haven't you noticed the glow-

ing, satiny skin of the athlete when he is in 'the pink of condition'?

But function is not enough. It has value only because it opens the doors of life. And a weak body is a barrier. Remake your body on this functional pattern, and then you will know that glorious zest for living which comes only from complete fitness, internal and external.

Its youth prolonged, its beauty admired, guarded from sickness, your *Functional Body* will really live. And so will you!

II

YOUR BODY IS YOUR AUTOBIOGRAPHY

II

YOUR BODY IS YOUR AUTOBIOGRAPHY

IF you were suddenly to see your body cast in bronze or moulded in clay or chiselled in marble—if you were able to walk around it, as you walk around a statue, observe it in detail from all sides—what would you think of it?

Or would you know what to think?

Few, amazingly few, women know their own bodies. I am inclined to believe that this ignorance is a legacy from our Puritan ancestry. That many present-day beliefs are really but savage superstitions is certainly true. Even though the body has been released from unhealthy, uncomfortable, unnecessary clothing, it is still regarded a bit shamefacedly, or, worse still, is not regarded at all.

Most women actually know more about the workings of their motor-cars or their gas-stoves or their vacuum cleaners than they do about their own bodies. They know how to care for inanimate machines, how to keep them in running order,

what to do when they refuse to function; and if they abuse them they are conscious of it. But it is not so with their living bodies. Most women past twenty-one could pass a stiff motor-car test with a better result than they could pass the simplest of physiology examinations.

There are many theories and a great deal of conversation to the point that the contour and weight of the body are due to abnormal glands, peculiar metabolism and systemic idiosyncrasies that are beyond the control of the individual. While this is true in a small number of cases, it has been my experience that generally *your body is your autobiography*.

Of course, I consider the body more than "an edifice of viands reared by the teeth." However, in nine out of ten cases I have found that women actually build their bodies as they live. Habits of diet, work, recreation, exercise, even mental habits, mould the body. They are as all-powerful as the hand of the sculptor on clay. Let's see how you have fashioned yours.

You will need three things for a proper introduction to your body—a tape measure, a scale, and a full-length mirror. And, if I might add a fourth, I would probably say—courage.

Strip off your clothes and stand on the scale.

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How much do you weigh? Allowing some deviation for bony structure (five or six pounds) your weight should be as shown in this table:

CHART OF CORRECT PROPORTIONS

Height ft in	Weight lbs.	Bust in	Waist in.	Hips in.	Neck in	Arm in.	Thigh in	Calf in.
4 11	112 $\frac{1}{2}$	30 $\frac{7}{8}$	23 $\frac{3}{8}$	32 $\frac{1}{8}$	12 $\frac{1}{8}$	9 $\frac{1}{8}$	17 $\frac{1}{4}$	12 $\frac{1}{8}$
5	113 $\frac{1}{2}$	31 $\frac{1}{4}$	24	32 $\frac{3}{8}$	12 $\frac{3}{8}$	10	18	12 $\frac{3}{8}$
5 $\frac{3}{8}$	114 $\frac{1}{2}$	31 $\frac{1}{2}$	24 $\frac{1}{8}$	33	12 $\frac{1}{2}$	10 $\frac{1}{10}$	18 $\frac{1}{8}$	12 $\frac{1}{2}$
5 1 $\frac{1}{8}$	116 $\frac{1}{2}$	31 $\frac{3}{4}$	24 $\frac{3}{8}$	33 $\frac{1}{8}$	12 $\frac{3}{8}$	10 $\frac{1}{4}$	18 $\frac{1}{4}$	12 $\frac{3}{4}$
5 2	119	32 $\frac{1}{8}$	25 $\frac{1}{8}$	33 $\frac{3}{8}$	12 $\frac{3}{8}$	10 $\frac{3}{8}$	18 $\frac{3}{4}$	12 $\frac{3}{8}$
5 3	123 $\frac{1}{2}$	32 $\frac{3}{8}$	25 $\frac{3}{8}$	34 $\frac{1}{4}$	13	10 $\frac{1}{2}$	19	13
5 3 $\frac{1}{8}$	125 $\frac{1}{4}$	33	26	34 $\frac{3}{8}$	13 $\frac{1}{8}$	10 $\frac{3}{8}$	19 $\frac{1}{4}$	13 $\frac{1}{4}$
5 4 $\frac{1}{8}$	128	33 $\frac{1}{8}$	26 $\frac{1}{8}$	35	13 $\frac{1}{4}$	10 $\frac{1}{2}$	19 $\frac{1}{2}$	13 $\frac{1}{2}$
5 5 $\frac{1}{8}$	131	33 $\frac{3}{8}$	26 $\frac{3}{8}$	35 $\frac{1}{8}$	13 $\frac{3}{8}$	10 $\frac{3}{4}$	19 $\frac{3}{8}$	13 $\frac{3}{8}$
5 6	133 $\frac{3}{8}$	34 $\frac{1}{4}$	27 $\frac{1}{8}$	35 $\frac{3}{8}$	13	11	20	13 $\frac{3}{4}$
5 7	137 $\frac{1}{2}$	34 $\frac{3}{8}$	27 $\frac{3}{8}$	36 $\frac{1}{8}$	13 $\frac{3}{4}$	11 $\frac{1}{10}$	20 $\frac{3}{10}$	13 $\frac{1}{2}$
5 7 $\frac{1}{2}$	139	35	28	36 $\frac{3}{8}$	13 $\frac{8}{10}$	11 $\frac{1}{4}$	20 $\frac{3}{8}$	13 $\frac{8}{10}$
5 8 $\frac{1}{2}$	141	35 $\frac{1}{8}$	28 $\frac{3}{8}$	37	14	11 $\frac{1}{8}$	20 $\frac{1}{2}$	14
5 9	145 $\frac{1}{2}$	35 $\frac{3}{4}$	28 $\frac{1}{4}$	37 $\frac{1}{2}$	14 $\frac{1}{4}$	11 $\frac{1}{2}$	21 $\frac{1}{10}$	14 $\frac{1}{2}$
5 10	148 $\frac{3}{8}$	36 $\frac{1}{8}$	29 $\frac{1}{8}$	37 $\frac{3}{8}$	14 $\frac{3}{8}$	11 $\frac{3}{8}$	21 $\frac{3}{8}$	14 $\frac{3}{8}$
5 11	151	36 $\frac{3}{8}$	29 $\frac{1}{2}$	38 $\frac{1}{8}$	14 $\frac{3}{8}$	11 $\frac{3}{8}$	21 $\frac{3}{8}$	14 $\frac{3}{8}$

Now your measurements. I have had this figure drawn so that you may know how to measure yourself correctly. Turn to page 27 and write them down along with your weight.

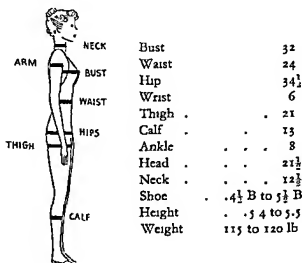
The measurements on page 26 are taken from the Rockette dancing chorus, Radio City. The members of this chorus are considered to have the best figures found in any similar group in the world.

The chart on page 27 is so ruled that you can keep a record of your weight and measurements every week. *Within two to three months of daily exercise you*

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can actually refashion your body. I have seen this happen hundreds of times.

The chart of correct proportions given on page 25 will indicate the changes you should effect in your body. Write them in the top line of the record, and as you fill in the spaces from day



to day you will see your figure gradually being sculptured to these ideal measurements.

Now stand before your full-length mirror and look at yourself. Stand naturally, without trying to change your usual posture. You must observe your body as impersonally, as unemotionally, as if it were a statue which you suddenly confronted in a museum. And you must judge it honestly and

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searchingly, as a sculptor or a physical director would do.

First you should look at it as a *whole*. You must school your mind and eye to do exactly that.

WEIGHT TAKEN EVERY WEEK—MEASUREMENTS EVERY THREE WEEKS

Date	Height	Weight	Bust	Waist	Hips	Neck	Arm	Thigh	Calf
Correct Measure ment									
Your Measure ment									
2nd Week									
3rd Week									
4th Week									
5th Week									
6th Week									
7th Week									
8th Week									

Do not humour your eye—and yourself—and permit it to concentrate upon the hips you think too wide, or upon the over-large buttocks, the fallen bust, or the hollow chest, though you may be painfully conscious of these. You must learn to see your body as a unit.

There is a reason for this. Quite frequently, the conspicuous part is not the part that needs attention, it is just the result of the failure of another part.

Stand before your mirror and let your eye register the general outline of your body—its silhouette. The silhouette indicates even more clearly than the full view the deficiencies of the body and also its admirable points. To see your silhouette clearly, it is best to stand sideways between your full-length mirror and the light.

Guided by the knowledge you now have of weight and measurements, you will—from a thoughtful, critical study of your silhouette—be prepared to decide exactly what your *body type* is.

For your further guidance it may be helpful if I say here that after studying more than two thousand women's bodies I have found that they can be grouped into five usual figure types. Almost every woman can classify her figure among these types, which are as follows:

- 1 Thin, undeveloped muscles, underweight and usually extreme nerve tension
- 2 Overweight—fatty pads distributed all over body—abdomen—back and hips—knees—upper arms—upper legs and ankles
- 3 Thin upper torso with heavy hips, thighs, and legs
- 4 Thick upper torso with thin hips, thighs, and legs

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5. Fairly normal build, but with general fatigue—weak muscle tone.

Study your back particularly. You'll find it can be classified into one of three types:

Types of Backs { Round, hollow back—forward head.
Long, round back.
Round upper back.

Now that you have learned your body as a unit and have definitely placed its *figure type* in your mind, you are ready to study in detail its proportions.

Still standing sideways to your mirror and studying your silhouette, let your glance fall to your big toe. Now let it gradually move upward, glancing over your knee, upward over the front of your thigh to the abdomen. Let it continue upward over the bust to the chin.

Check—what do you see?

1. Line from front of lower leg to thigh: Almost straight?
2. Curve of front of thigh: Long, slightly rounded? Bulging?
3. Abdomen: Flat? Protruding? Drooping?
4. Breast: Firm—lifted? Small? Large? Drooping?
5. Chin line: Firm? Sagging?

Now, standing exactly in the same position, look at your heel, then upward along the curve of the

calf of the leg to the buttocks Then follow the curve of the back up to the base of the neck, up to the hair line

Check—what do you see?

- 1 Curve of back of leg Under developed? Over developed?
- 2 Thighs Large? Small?
- 3 Buttocks Large? Small?
- 4 Back Swaying in? Only slight curve?
- 5 Shoulders Slightly rounded? Very rounded?

Now you are ready to measure Place your tape measure on the various parts of your body as you see it placed in the illustration on page 26 On the chart on page 27 mark down your measurements In the top section write the correct measurements Now you know exactly what inches must go—what inches must come—and you are ready for the final step in your personal diagnosis

You must learn to observe your body critically while it is in motion Every woman has two bodies—a static body and a moving body They are quite separate and distinct in their good and bad qualities Many women are beautiful until they start to move, then the body becomes awkward, acquires the effect of ugliness

Go as far away from your mirror as possible

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Walk towards it slowly, watching yourself as you take every step. If possible, place a footstool or step-ladder before the mirror. Walk up and down as if the ladder were a staircase. As you do this, prepare yourself to answer these questions:

Do you walk with your head thrust too far forward?

Does your chin lead your body?

Do you swing too far from side to side as you walk?

Are your knees taut or loose?

Do your buttocks jerk too far from side to side as you walk?

Does your chest slump in, and do your shoulders sag over it?

Do your toes point forward or outward?

Some of these faults may seem small and inconsequential, but they all have an important bearing upon your appearance. Poor posture can make faulty proportions seem worse than they are and fairly good proportions really bad. So you must plan for your moving body as well as your static body when you chart out the exercise routines that you are to follow.

You may, perhaps, be a bit discouraged now. You think, "Oh, I can't do anything about my body! It's just too awful."

I would like to tell you this *now*. During the many years I have worked with women I have never ceased to marvel at the speed with which

bodies respond to even the slightest corrective exercises when these exercises are suited to the individual. Exercise may not make a body 'perfectly beautiful,' but it can give one a health-shapely body that will be a joy to live with. Just read these few stories from my records—stories of changes which actually came true.

CASES FROM THE RECORD

Student H M Q—A woman of 34. Five feet three inches in height, and twelve pounds overweight.

In her 'teens she danced professionally, but finally gave up dancing to write, at which she has been very successful. You have seen her name many times in the important magazines. I have given the initials above because they are not hers.

Now her figure is heavy with fat. Not a tremendous amount, to be sure, but enough to make her conscious and unhappy about her size. Her figure looks thick and heavy, dragged down. All her clothes have to be altered. She has that middle-aged look—yet her mind scintillates.

The muscles that once were strong and flexible have now become tight and fatty. She cannot even stretch her leg out straight. Fatty pads have gathered at the sides of her knees and disguise the once beautiful formed legs. The skin over her thighs puckers and is loose, showing lack of muscle tone. There's a deep curve in the hollow of her back. Her abdomen sags and protrudes. She says that she is getting more and more constipated. A slight dowager's hump is gathering on the back of her neck.

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All that remains of a once lovely body is the firm, lifted, pointed breast, the straight spine, the shoulders and arms gently rounded. And there still lingers the trained sense of balance and the remains of a once good carriage.

What to do? A limited diet to take off the superfluous flesh, and then exercises to get right at those muscles that have degenerated into fatty puffs.

End of first month. Her body is more flexible. Her walk lighter, brisker. She moves more easily. She has lost six pounds. Best of all, the muscles in her abdomen have hardened and strengthened. The constipation is corrected. Her waist is off two inches, her thighs two and a quarter inches, her knees—where the fatty pads still linger—off one inch.

Third month. Down to normal weight. Hips and buttocks down, fatty pads at knee practically gone. Her skin looks clearer, eyes brighter.

"I'm taking cold showers every morning," she reports. "Walking home every night from my office—it's a mile and a half—and enjoying it."

Fourth month. Figure a perfect 16, healthy, poised, strong, young. And she feels it.

Student L.C.K.—A young girl, 22. Five and a half feet. Scrawny, hollow-chested, round shouldered. Abdomen surprisingly large. Sway back. No appetite. Complains of frequent indigestion. Nervous. Troubled with insomnia. Frequent colds.

Exercises lift up her head, raise her chest. The under-arm hollows fill out.

"Why," she discovers, "I really have a lovely bust!" Meanwhile, nerve tension is released, insomnia ended. Can eat 'anything'.

She tells me that her friends discover that she has a "swell sense of humour" Boy friend declares "a grand little line" "Never knows what it is to feel tired"

She is as straight as a young elm, organs in place, braced by strong, elastic muscles, are functioning actively She is the picture of radiant health and happy "Never felt so good in my life"

Student M O C—An attractive young woman in her middle twenties Embarrassed by her round upper back Cannot wear evening dress Husband, a prominent young professional man whose success makes her social life increasingly demanding But her posture makes her unhappy She is not entirely to be blamed A childhood disease has made her chest narrow and cramped, her shoulders round with rigid muscles

Exercises stretch and develop her chest muscles Other exercises taken simultaneously shorten and strengthen the muscles of her upper and lower back

Three weeks later her husband returns from a business trip and is amazed at her improvement

Two months later She now has a posture which, though not quite perfect because she did not begin before her bones had hardened, is exceptionally good She has poise, is happy in her clothes because she knows that she is standing well

Student X Z A—Young woman in her thirties on the point of a nervous breakdown, has not had a good night's sleep in months, so nervous and tense that everything irritates her beyond reason, cannot eat without feeling a slight indigestion Mild sleeping drugs have no effect She smokes $2\frac{1}{2}$ to 5 packets of cigarettes a day

Underweight Face looks gaunt, the cords of her neck

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stand out, her hands twitch in little jerky movements continually

During an hour's work on the mat, she tells me all about herself After I give her the simplest of relaxing exercises for her entire body, I send her home, telling her to drink a glass of warm milk and lie down and rest

Two hours later her mother finds her in her room, sound asleep Another three hours and she awakens her for supper. At bedtime she repeats a few exercises and goes to bed to sleep for the entire night

A month later she has gained six pounds, the hollows under her eyes and in her cheeks have filled out, the strained, tense look has disappeared She sleeps a deep, restful sleep, averaging eight hours a night, she looks and acts at least twelve years younger

Student M P S —A young woman of 33 Weight 230 Persuaded to reduce by her mother Accustomed to being the butt of her friends' jokes about overweight Always heavy since childhood Supposed it was 'glands'

Doctor's examination and careful measurements of her body framework The analysis, considering her bony structure and general tendencies, indicates that she *should* weigh about 150 pounds She is put on a high protein diet Exercises in a class three times a week

At first she can hardly pull her knee back to her chest Her movements are slow and awkward She is quickly tired

In nine months she *does* weigh 150 pounds Her muscle tone is fairly firm She volunteers to demonstrate my exercises before a group of doctors Goes through them steadily for three quarters of an hour with only a slight shortage of breath and a light general per-

spiration . . . this under all the excitement of her first public appearance.

She is still a big woman. Her bones are large, and she is tall. But her body is lithe, flexible, perfectly poised, responsive. "I never had so many good times," she reports.

Now are you convinced?

Then let's begin! Turn to the chapters whose headings indicate that they cover the part of your body which you want to remake. Write down the number of the routines you now know that you need. From these various series you will formulate an *Exercise Menu* suited exactly to your individual needs—just as I would do if you were to work here in my studio.

No body should be strained to the point of being sore and over-tired, even from the very first lesson. So many women think they must endure a certain period of agony and fatigue. The result is that they either give up all thought of exercise or take it up and go through periods of discomfort, discouragement, and finally despair.

That is why the exercises in this book are grouped in routines and even these routines are progressive. As the body strengthens and its muscles are stretched the exercises become more exacting.

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An exercise mat should be used with enough thickness so that the vertebræ of the spine will not be irritated; it will also protect the knee joints when doing kneeling exercises. Mats can be bought for about ten shillings in the sports stores. Or you can use an old bed-comforter folded double. Whatever you use, be careful to see that the material is soft enough, so that the skin will not be rubbed sore. Carpets are usually a little too harsh.

I begin every exercise lesson with a complete stretch of the body, which is described in Exercise Routine, Chapter XI, Number 1. The routines worked out at the ends of the various chapters should be done very slowly, carefully, and only two or three times each for the first week. No routine should be started unless you have been examined by your doctor.

What these exercises have done for other women they can do for you. They are not miracle-workers—except that the greatest miracle ever conceived is the human body; but they actually change, transform bodies, because they are scientifically planned to make the most of natural processes.

No matter how young or old, fat or thin, no matter how ill-postured and badly proportioned

you may be, these exercise routines can 're-mould' your body. They will help to pattern it to *the beautiful, dynamic lines of the functional body* that is the ideal of to-day.

III

BEGIN IN THE MIDDLE

III

BEGIN IN THE MIDDLE

EXERCISE is not enough. Indian clubs, dumbbells, even the dramatic Daily Dozen are as dead as the dodo. The gymnastics which called upon you to wave your arms about like an idiot flagging an express-train are as *passé* as bicycle-bloomers. To sculpture your figure to the new, functional lines you must follow exercise routines that work right on the muscles which need correction. And you must *begin in the middle*.

Why? Because the organs upon which the major health and comfort of the body depend are situated in the middle of the body. There they hang in a cave-like area known as the abdominal cavity. Supporting them, like a great elastic band, are large, sheath-like muscles. In this area, too, are important veins, arteries, and nerve centres. Glands and ductless glands that strongly affect and regulate the body functions are there. Yet the middle of the body—the most vital area—is usually its most neglected portion.

For generations the middle of the body has been constricted by tight clothing. The effect of this has been to devitalize those important muscles. Certainly it has invited their weakness. Added to this heritage of the centuries is our own easy mode of living. As we progress through the years, the firm, toned abdominal muscles of youth become soft, flabby, lax; fat collects upon them. The slim waist of youth succumbs to the thickness of maturity. In fact, the characteristic difference between a young figure and a mature figure is not so often a matter of pounds as it is a matter of inches. It is more frequently *thickness* than weight that proclaims the passing of youth. Middle age may arrive at thirty—forty—fifty, but invariably *middle age begins in the middle*.

That is exactly why my basic theory of exercise is: *Begin in the middle*.

When the muscles in the middle of the body are exercised, the organs beneath are massaged by this muscular movement. This massage stimulates them to function more actively, and consequently digestion and elimination become more ready and more thorough. The flexing and contracting of the muscles also 'irons out' nerve-kinks whose tension would otherwise discourage the organs from functioning. And this muscular activity

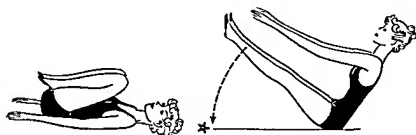
BEGIN IN THE MIDDLE

also helps to normalize the action of the glands.

The muscles themselves are also benefited by the exercise. Fatigue-poisons are forced out of them, and a fresh supply of invigorating blood rushes in. As you exercise from day to day, these muscles are strengthened and are better able to perform their important task of supporting the vital organs. If you would ward off the thickness, the slump, the aches and pains—yes, and the grumpiness of middle age—*begin in the middle*.

ROUTINE FOR ABDOMINAL REGION

I



1. Lie on back with arms at sides, pull both knees straight back to chest, kick legs out in front of body and raise hips from floor, and at same time come to sitting-up position with legs extended and knees straight. Swing arms forward and see how far you can reach.

Return to first position and continue.

Repeat four times. Rest. Eight to sixteen times altogether.

NEW BODIES FOR OLD

II

Abdominal and Posture Exercise



1. Sit Turkish fashion, knees bent, hands on knees, legs crossed at ankles.
2. Pull abdominal muscles in hard while rounding back with head and chest bent forward.
3. Gradually straighten up, rocking slowly back on the buttock muscles, holding abdominal muscles in until head and neck are high and back straight with shoulders relaxed.

Repeat four times. Rest. Twelve to sixteen times altogether.

I III



1. Lying on back, pull both knees back to chest. Extend right leg far upward with heel leading until hip is slightly raised from mat.

BEGIN IN THE MIDDLE

2. Bend right knee again, at same time raising left leg. Keep both legs constantly in motion, bending and stretching.

Repeat four to six times. Rest. Twelve to eighteen times altogether.

IV



1. Weight on hands and knees—back flat.
2. Keeping head up and arms straight, lower hips and abdomen to mat.

Repeat four times. Rest. Twelve to sixteen times altogether.

V

Abdomen, Posture



1. Lie flat on back and pull both knees back to chest.
2. Clasp hands around knees and roll forward to sitting-

NEW BODIES FOR OLD

up position, with back straight and shoulders and head held high and well back.

3. Slump and roll back again.

Repeat five to ten times. Rest.

VI

Upper Abdominal Region: Muscles between Lower Ribs and over Diaphragm



1. Lying flat on back, extend arms forward with hands clasped.

2. Keeping arms stretched forward, rise to a half-sitting-up position, about six to eight inches from floor.

3. Return to lying-down position.

Repeat three times. Rest. Six to nine times altogether.

VII



1. Sitting up, place hands just behind feet.

2. Pull knees back to chest with feet flat on floor.

mat.

from floor

BEGIN IN THE MIDDLE

and swing knees from side to side, trying to touch knees to mat each time.

Body will travel down mat.

Five swings. Rest. Ten to twenty swings altogether.

VIII

1. Same starting position as No. VII.
 2. Stretch the legs straight out in front of body, raised as high as strength allows.
 3. Lower legs to mat and sit upright.
 4. With knees straight, bend body forward to touch toes with outstretched hands.
- Repeat four times. Rest. Eight times altogether.

IX

For Abdominal, Side, and Lower Back Muscles



1. Lie on back, arms out to side.
 2. Keeping shoulders flat on the mat, pull both knees back to chest and roll knees over to left side.
 3. Continue the motion by extending legs straight downward.
 4. Bend knees and repeat, this time rolling knees over to right side.
- Repeat, alternating left and right. Four times. Rest. Eight to twelve times altogether.

NEW BODIES FOR OLD

up position, with back straight and shoulders and head held high and well back.

3. Slump and roll back again.

Repeat five to ten times. Rest.

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2. Keeping arms stretched forward, rise to a half-sitting-up position, about six to eight inches from floor.

3. Return to lying-down position.

Repeat three times. Rest. Six to nine times altogether.

VII



1. Sitting up, place hands just behind hips on mat.

2. Pull knees back to chest with feet raised from floor

BEGIN IN THE MIDDLE

and swing knees from side to side, trying to touch knees to mat each time.

Body will travel down mat.

Five swings. Rest. Ten to twenty swings altogether.

VIII

1. Same starting position as No. VII.
2. Stretch the legs straight out in front of body, raised as high as strength allows.
3. Lower legs to mat and sit upright.
4. With knees straight, bend body forward to touch toes with outstretched hands.

Repeat four times. Rest. Eight times altogether.

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Repeat, alternating left and right. Four times. Rest. Eight to twelve times altogether.

IV

HEADS HIGH

IV

HEADS HIGH

IF you came to my studio to-day and asked me how to correct a drooping contour, a dowager's hump, or even a hollow chest and rounded shoulders, my answer would be, "*Begin in the middle.*"

Each one of these conditions is largely due to weak muscles between the shoulder-blades, and to bad posture. Such conditions begin to develop before you are well into your 'teens, gradually becoming more and more pronounced until one day you realize that the dreaded 'middle-aged droop' has arrived.

Few women have firm muscles strong enough to hold the shoulder-blades in a normal position. The structure of the neck is so delicate that the slightest maladjustment of the top six bones may cause the seventh to protrude, forming the well-known dowager's hump. Few women have muscles well developed at the sides of their chest unless they play tennis or swim frequently and

regularly. Most women lean over desks, wear downward-pulling clothes, and thoughtlessly slip into a hundred and one habits, all of which tend to make the chin protrude, the shoulders round, and a hump to form on the back of the neck. These conditions induce the fold of loose muscle beneath the chin called 'double chin,' which no amount of patting with cold creams and bracing with astringents will correct in satisfactory measure. You must correct the cause.

You must strengthen the muscles between your shoulders and along your back. You must correct your faulty posture. Forget the old-time command, "Shoulders back." It only leads to a stiff, exaggerated position—an attitude of Victorian primness quite opposite to the easy, casual grace admired to-day. There is but one way to have an erect and youthful body instead of a slumping, aging one. That is to exercise, and you must *begin in the middle*.

A few years ago I met a woman about fifty-five years old who had returned from her first experience in a hospital, where she was taken after a motor-car accident. Her injury, she said, was a minor one, and she had received a tremendous uplift mentally because her doctor had brought several members of the hospital staff to see her

back. It was beautifully straight, firm-muscled, unusual even for a much younger woman. I asked her what she had done to have so perfect and youthful a back, and she replied that she always sat erect, stood as tall as possible, and never missed a morning without doing a definite routine of exercises.

In my own studio, in a few months' time I have seen whole personalities change as a result of exercises which transformed women with slumped bodies, protruding chins, hollow chests to lithe, erect figures ready to face life, heads high.

The exercise menu I prescribe for this condition is divided into two parts. First, the posture series. These are outlined and illustrated in Chapter VIII, page 110. The second course consists of exercises that develop the pectoral and shoulder muscles at both sides of the chest. The pectoral muscle is a sheath-like covering that extends over the clavicle bone, and its proper development gives contour fullness to the chest and aids in holding up the breasts.

Special exercises are included to strengthen the muscles between the shoulder-blades and to develop the usually neglected deltoid muscle which covers the front area where the arm fits into the bony socket.

However, there are some cases of very rigid, rounded upper backs, and curvature conditions of the spine. When these exist, an orthopædic doctor or corrective specialist should be consulted. Rickets often cause a bulging or 'pigeon' chest. A great deal can be done for these conditions, too, especially if they are treated when the student is young.

I do not give any special exercises for breathing. This undoubtedly will surprise you, but I consider such exercises as *démodé* as the 'shoulders back' school.

It is my belief that exercises which reach certain muscles and muscle groups increase the heart action and induce the lungs to work faster and more deeply. Then the body takes in all the oxygen it requires. This cycle I consider more natural and entirely sufficient.

Furthermore, I have abolished in my studio the well-known gymnasium position of hands on hips. This I consider a poor attitude, because it forces the shoulders up, increases the hollows at the sides of the chest, and causes the shoulders to round. Try it for a moment—and convince yourself.

Then place your hands lower down along the outside of the thigh. See the difference in your attitude!

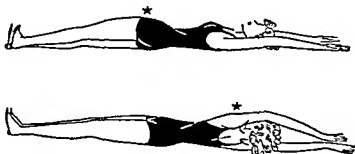
HEADS HIGH

Your control now is placed in the middle of the body. The middle body muscles hold it erect.

As those middle body muscles grow stronger through exercise, they function voluntarily, and your rounded upper back, your forward-stretching head and humped neck are no longer in evidence. You have poise, dignity; you look right with the world, and years younger. You're 'heads high'; you look it, and what's more important, you *feel* it.

ROUTINE FOR NECK, SHOULDERS, AND CHEST

I



Complete stretch as in Chapter XI, Routine No I.

II

1. Sitting or standing, raise arms shoulder high and out to side. Bend upper arm at right angles and clench fists. Pull arms, shoulders, and head well back.

NEW BODIES FOR OLD



- 2 Bring elbows together in front of body—lower head, neck, and chest forward
- 3 Return to first position Should make a complete circle with the bent arm moving from the shoulder Movement of bent arm is forward—upward—backward—and downward

III



- 1 Sitting, legs crossed at ankles, with arms, chest, and head dropped forward
- 2 Raise arms slowly to a horizontal position without hunching shoulders At same time lift chest and let head drop backward Return to starting position

Repeat three times Rest Six to twelve times altogether

HEADS HIGH

FOR PECTORAL MUSCLES AT SIDES OF CHEST

IV



1. Raise arms in front of body, elbows bent and hands clasped in front of chest. Resist hard with right arm and hand as it is pulled with the left until right hand is in front of left shoulder. Keep head, shoulders, and chest well back all the time. Alternate resisting with the left hand.

Four times. Relax. Eight to twelve times.

V



1. Stand with hands clasped back of head, elbows forward, head forward with chin on chest. Raise head, press backward against hands, and straighten elbows back.

NEW BODIES FOR OLD

2. Be careful that movement does not take place in lower back. Abdomen should be held in and buttock muscles down.

Repeat three times. Nine times in all.

VI



1. Knees bent, sitting back on heels, arms folded in front of body, head placed on arms, shoulders and arms relaxed
2. Swing weight upward to knees and raise body to full height from knees, bringing arms out to side, shoulder high, head dropped back. Be sure shoulders are not hunched and rigid

Three times. Rest. Nine times altogether.

V

UPLIFT WORK:
EXERCISES FOR DEVELOPING AND
MAKING FIRM THE BUST

V

UPLIFT WORK. EXERCISES FOR DEVELOPING AND MAKING FIRM THE BUST

MORE women are concerned to-day about their busts than about any other portion of their bodies. This is a new interest. Several years ago the bust was deliberately concealed under flattening *brassières* and by the sack type of dress. Only recently has the rounded, up-pointed, deeply-divided bust come to be recognized as a mark of beauty, so that fashion's definition of a beautiful bust is now summed up in the words 'high, wide, and handsome.'

Now, the woman with heavy, drooping, over-sized breasts and the woman with small, under-developed breasts are equally sensitive about their condition. "Can anything be done to develop the small bust—to reduce the over-large bust—to lift and firm the drooping bust?" Scarcely a day goes by but a woman—often three or four—comes to my studio and asks one of these questions.

This new sensitiveness is not to be passed over

lightly. The bust is important, not only in itself, but because it also contributes to the æsthetic postural development. I have known many young women who attempted to hide over-large breasts by hollowing their chests, drooping and rounding their shoulders. The result was to conceal the over-development but also to create a posture that was even more unattractive and decidedly unhealthful.

Many times, too, these women have had recourse to *brassières* which have pressed down the breasts. This has caused the muscles to grow flabby and fat, the tissues to lose their tone, and the breast itself to remain just as large and to droop besides—a far worse condition than the original one. There seems to be no structural law governing the bust. I have seen a heavy young woman, weighing as much as 236 pounds, with quite small breasts. Again, the lean, thin type often has large drooping breasts, and sometimes a developed figure has all its feminine curves pronounced except those of the bust.

In the majority of cases, however, the large, overweight woman is almost certain to have large, hanging breasts, and the thin athletic type, whether short or tall, to carry less breast.

Then there is the problem of the drooping

breast. After a woman reaches the age of twenty-five the general weakening of her muscle-tone becomes most noticeable. The breasts begin to fall, and hollows appear over them. This condition is especially prevalent among women who have nursed their babies. The weight of the breasts when filled stretches the muscles and weakens them unless they are supported by well-fitted *brassières* and exercises taken to strengthen these overburdened muscles when the nursing period is ended.

I have read glowing descriptions of various methods of correcting the under-developed and over-large or drooping breasts. I have never seen any startling results which those methods have achieved. However, the following exercises will help these conditions considerably because they develop the pectoral muscles.

The breasts, known as mammary glands, are circular in shape, and are located in front of the pectoral muscles which run from the sternum bone out to the shoulders, and there is one on each side of the sternum, or breast-bone. The breast tissue is a mesh of fibrous areolar tissue containing considerable fat. The gland itself is not muscular tissue, but the pectoral muscle just underneath helps to support it. The tissue of the breasts is to

a certain degree responsive to the right kind of treatment. The sagging breast is almost always due to lack of muscle tone, and the oversized breast to deposits of fat.

I have found that as the weight normalizes and the body functions more actively and regularly, the breasts also respond. I have had overweight students whose breast measurement has decreased as much as eight or even eleven inches. Under my exercise and diet *régime*, the measurements frequently decrease one to three inches. The muscle supporting the breasts can be strengthened and a certain amount of firmness developed, if they have not been allowed to go too long.

Increasing the size of breasts seems to be more difficult. The pectoral muscles can be enlarged and filled out at the sides of the shoulders, the chest measurement increased through posture training and exercise, the shoulder muscles improved, and the upper back made straighter; the whole effect then will give an appearance of increased breadth and beauty.

Recently I talked with three star fitters in two leading Fifth Avenue shops, about the fitting-problems of their customers. These women are experts at adjusting ready-made clothes to individual figure peculiarities. They fit, on an average,

five customers every day, each having purchased from one to four dresses. And they have learned about women from women!

"It isn't the hills, it's the *bellows*," they all agreed. "The chief difficulty in making women look smart above the waist-line is not the size of the bust, or the lack of it, but the hollow between shoulder and breast. This causes the fabric to slump in and then suddenly to protrude, and the line of the dress is ruined. . . . If women would only develop their chests, their busts would take care of themselves," they moaned.

These experts also told me that this hill-and-hollow difficulty was common to fully 80 per cent. of their customers, and showed me how cleverly they have devised three little darts which they run out from the armhole seam for an inch or two. These prevent the waist from bagging over the hollow and at the same time insure the needed fullness over the 'hill.'

Darts and such-like devices are all very well in their way, but why not spend just a few minutes every day taking a few exercises that will end the need of them? If your own vanity isn't enough of a spur, think what you'll save on alteration charges!

The muscles of the chest respond very quickly

lovely chest—firm, high hollows filled out. The breasts, too, had responded. They were no longer hard little points, but lifted, widely divided, softly rounded.

This story should end with a romance between the best man and bridesmaid, but the truth of the matter is that my student contracted a cold, developed 'flu,' and the day of the wedding she was running a temperature and confined to her bed. She quickly recovered, however, and still has a lovely chest and bust.

In planning a *régime* for perfecting the breast, it is important not to hinder the effect of the exercises by wearing badly fitted *brassières*. These should be carefully selected: always the uplift type, which helps to keep the tissues up instead of pulling them down. This constant downward pull stretches and weakens the breast muscles and also the tissues themselves.

The new *brassières* are excellent. Though mere wisps of silk, batiste, or lace, they are so adroitly fashioned as to brace the breasts and bring them up to their normal position. Some of them are woven with a resilient thread that is marvellously firm but pliable and permits the garment to lend control without being too confining. They are miracles of comfort—when properly fitted.

to exercise, in six months you can actually transform its contours, as the following story proves

A year ago the mother of a girl of eighteen came to see me about her daughter. The daughter was typically Italian—clear olive skin, black hair, and glorious brown eyes. She had never been an active child, and now her sedentary habits had left their mark. Her chest was scooped in like a shovel. Her chin jutted forward, her shoulders were rounded. This slumped, drooping posture made her appear uninteresting. It took away all the vivacious charm that was hers by right of youth alone.

It seemed that she was invited to be maid of honour at an important wedding which was to take place at Easter time (this was October). Could something be done to round out her chest by that time? I assured her that it could, but warned that ten minutes every day must be devoted to exercise. She agreed, and we began our 'uplift work'.

It was truly amazing to see the quick results accomplished by regularly following a group of exercises that worked directly on those undeveloped, badly disciplined chest muscles. A month before the date of the wedding—four months after the *régime* was started—she had a

lovely chest—firm, high hollows filled out. The breasts, too, had responded. They were no longer hard little points, but lifted, widely divided, softly rounded.

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However, young girls when they begin to develop should go without *brassières* as long as possible. Then when the *brassière* becomes necessary it should be carefully fitted so that it will give support where needed, but will not bind and flatten.

The women of Bali are admired the world over for their beautiful breasts. They are rounded, firm, uplifted, divided. They are left to develop naturally. They are never encased or pulled out of shape. The muscles of breast, chest, shoulder, and arm are in almost constant use. The exercises given below are planned to give this same strength and firmness to the muscles holding the breasts in place and to fill out the hollows at the sides of the chest.

BUST ROUTINE

I



This exercise develops muscles of upper back, stretches neck muscles, and gets directly to muscles of chest and bust:

1. Lie on back with arms out to side, keep arms on mat throughout exercise. Raise chest and shoulders,

UPLIFT WORK

chin tilted upward and weight on back of head.
Relax and lower chest and shoulder to mat.

Repeat five times and then rest. Ten times altogether.

Numbers II and IV are similar exercises, except that II is a *pulling* exercise, using muscles between shoulders, and IV is a *pushing* exercise, using muscles of chest.

This second exercise definitely develops pectoral muscles at sides of chest, and also indirectly reaches arm muscles:

II



1. Stand or sit with chest and bust lifted and shoulders flat, fingers clasped in each other in front of you, arms bent at elbow and raised shoulder high.
2. Resisting with the right arm, try to *pull* the right arm across the body to the left with the left hand. Alternate, using the resistance with the left hand and pulling across to the right side with the right hand. This exercise helps to strengthen muscles between the shoulder-blades, stretches the chest muscles, and flattens the shoulders.

Four times. Relax. Eight to twelve times altogether.

NEW BODIES FOR OLD

III



- 1 On hands and knees, with fingers pointing towards each other
 - 2 Keep back flat and head up, resisting with arms. Bend elbows, and slowly lower the body until chest almost touches floor. Then slowly raise body, resisting throughout entire exercise.
- Repeat four times and rest Eight times altogether

IV



- 1 Sitting or standing, place doubled-up fist of right hand in open palm of left. Arms placed shoulder high and bent forward at elbows.
- 2 With hands in this position *push* the arms slowly, using resistance, first to the right, then to the left. Be sure the movement is one of resistance all the way through. Do this until tired, then relax, and repeat about five times.

UPLIFT WORK

V



1. Stand or sit and raise arms out to side
 2. Slowly—and resisting throughout movement—bring the arms forward, turning the hands first with palms up, then with backs of hands up. Continue turning of hands as you bring the arms forward
 3. Bring the arms slowly backward with half-bent elbows, until they are as far back as they can be brought. At the same time draw the chest and bust upward
 4. Return to first direction, bringing the arms slowly forward. Relax after the complete movement
- Five times altogether

VI



1. Stand with arms, head, shoulders dropped forward limply

NEW BODIES FOR OLD

2. Raise the upper part of trunk, pulling in the abdominal muscles at the same time. Draw the bust and chest upward. At same time, raise the arms sideways shoulder high, but be sure that the arms are relaxed and slightly bent at elbows, palms up. Then drop the head backward. Be sure not to hunch shoulders upward throughout the exercise.

Return to first position

Repeat five times. Relax. Do exercise ten to fifteen times altogether.

VI

HIP, HIP, AWAY!

VI

HIP, HIP, AWAY!

HIP and thigh muscles respond to reducing exercises more quickly than those in any other part of the body. This I have found to be a fact from working with more than two thousand students who have come to me to have this portion of their body resculptured. In fact, there is no question I am more frequently asked than "Can you do anything to keep my hips from spreading and to take off the fatty pads around my thighs?"

Recently a young woman in her early thirties enrolled in one of my classes. From childhood she had had large, fat, heavy thighs and legs. She thought nothing could be done about it. When she came to my studio her hip measurement was 47.1. Right calf, 17.2. Left calf, 17½. Right knee, 15.9. Left knee, 16. In six months, without reducing more than five pounds, her hip measurement was 39¼. Right calf, 16. Left calf, 16¼. Right knee, 15. Left knee, 15.3. Her torso was

so completely changed that every one commented on her appearance. The dowdy, middle-aged, settled look was gone. She wore her clothes with an air of smartness and distinction.

If there is one mark of beauty which has withstood the whims of fashion and the fads of the ages it is the long, gently curved thigh. From the time of Egypt's grandeur, through Greece, Rome, and the Renaissance, down to post-War America and right up to the present moment this one requisite of beauty has remained supreme.

In America the appreciation of slender hips and lean thighs was exaggerated by the craze for the 'boyish' figure. No woman's figure should be boyish. Nothing is more beautiful than a true womanly figure—long, slim limbs, gently curved from flat, firm buttocks to slender knees. Yet this part of the body is almost continually neglected. And 'middle-aged spread' counts its victims by the millions.

Women's figures 'spread,' as they call it, because they sit on their rear hip muscles two-thirds of the time. They ride when they should walk. They sit hour after hour with buttock muscles pushed out. Often, one hip is habitually extended more than the other, even when seated. Just watch women climb stairs and get into or out of omni-

buses or motor-cars. You'll see how little they actually use their thigh muscles!

The lower limbs are meant to support the body, and are therefore more solidly built—with their parts less movable—than the corresponding parts of the upper torso. The pelvis itself is capable of very little action, except as it is tilted forward and backward. Where the big thigh bone, the femur, joins the pelvic basin there is a ball-and-socket joint which is capable of movement in all directions, but the average person does little more than move it backward and forward. Consequently the muscles on the outside of the thigh and above the pelvic ridge get almost no exercise. They grow soft and bulge. Fatty pads form. The figure takes on a settled, thick, middle-aged look.

Walking, sports, dancing will keep these muscles firm and true and prevent fatty pads from gathering, but it requires a tremendous amount of time and effort to produce decided results. An exercise menu that acts directly upon these muscles is the one effective means of keeping hips and thighs *trim*.

The series of exercises given here will get results and get them quickly. You may depend upon them.

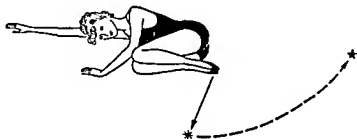
HIP MUSCLES ALONG SIDE OF UPPER THIGH OVER
HIP JOINT AND JUST ABOVE PELVIC RIDGE

I



- 1 Lie on back with arms out to side
 - 2 Pull right knee back to chest, swing it across to left side of body, then straight down to first position
- Repeat with left knee Alternating each time
Six times Rest Twelve to eighteen times altogether

II



- 1 Lie on right side, right arm under ear and left hand flat on mat in front of body for balance
 - 2 Pull both knees back to chest, extend straight out in front of body, then down to first position
- Repeat four times on right side, then turn over on left side
Eight to sixteen times altogether

HIP, HIP, AWAY!

III

1. Lie on back, arms out to side.
2. Keeping shoulders flat on the mat, pull both knees back to chest, and roll knees over to right side, then to left side. Continue to roll. You will travel down the mat.

Eight to ten times. Rest. Twenty to thirty times altogether.

IV



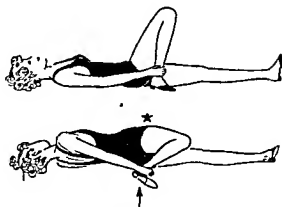
1. Weight of body on knees with arms and body stretched upward. Keep arms in this position throughout exercise.
 2. Bend the body to the right side, pushing the hips out to the left side and lower them to the mat, or as far as possible.
 3. Return to first position and bend to left side.
- Repeat, alternating each time.
Four times. Rest. Eight to twelve times altogether.

HIP, HIP, AWAY!

3. Then swing to left and bump three times on right buttock muscle.

Repeat twelve to thirty-six times.

II



1. Lie on back, right knee bent, foot on mat. Left leg stretched out straight.
2. Grasp right ankle with right hand. Starting movement in hip joint, raise right hip from floor, and roll over to left side, at same time stretching right leg backward as far as it will go, pulling it with right hand.

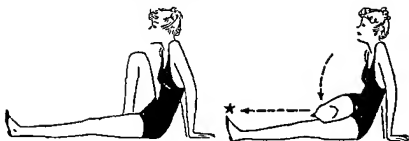
3. Return to starting position.

Repeat three times right, then three times grasping left ankle. Six to eighteen times altogether.

III

1. Sitting, hands back of hips, right knee bent back to chest.
2. Keeping right knee bent, swing it over to left side as far as it will go. Then straighten right leg down-

NEW BODIES FOR OLD



ward, and as that leg straightens out, the left knee bends back to chest and swings over to right side. Then it straightens.

The movement is a continuous one of rolling, with pressure on the buttock muscles and criss-crossing of the legs. Ten to thirty times altogether.

IV

Standing, walk stiff-legged with pull of leg coming from hip muscles, heels extended and toes pointing upward. Muscles of entire leg, thigh, and buttock should be contracted and stiff throughout movement. Walk around small room several times.

FOR FLEXIBILITY OF WAIST-LINE AND HIP JOINT

I

1. Standing, feet apart, arms raised over head, relaxed at elbows.
2. Circle hips by pushing them out to right side, then back, out to left side, out in front. Do not move the upper torso or the arms. Circle should be entirely from the waist downward.

HIP, HIP, AWAY!



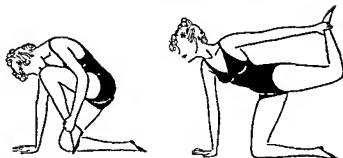
Repeat three times to right. Then circle to left. Six to eighteen times altogether.

II



standing, step forward as far as right leg will reach, bending right knee and extending left hand forward. Dip the hips downward three times as low as possible —then extend forward with left leg and right arm. Repeat six steps, then rest. Six to eighteen times altogether.

Hip and Upper Front Thigh



- 1 On hands and knees Grasp left ankle with left hand, raise left knee forward, and lower head and chest to meet it
 - 2 Pull left foot and leg back and upward At same time move head and chest upward Pull should come directly in leg and buttock muscles
- Repeat first one side, then the other, four times Rest Eight times altogether

VII

THE BRIDGE OF SIGHS: EXERCISES FOR THE FEET

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VII

THE BRIDGE OF SIGHS: EXERCISES FOR THE FEET

YOUR foot is a delicate and intricate mechanism of great importance to your comfort and health. Yet you probably abuse it more than any other portion of your body. Most women do.

Nature has a way of retaliating when she is abused, and the revenge of wronged feet is worse than any ever practised by a savage prince upon his captives. For it doesn't stop within the area of the foot itself. Though the aches of an abused foot are painful enough in themselves, the revengeful foot doesn't call a halt at the ankle joint. Its pains mount up and up to the crown of your head. When your feet hurt, you hurt all over.

There are even more disastrous effects of abused feet than corns, bunions, callosities, and fallen arches. The distress caused by a weak foot extends to remote parts of the body. It causes headache, backache, continued fatigue. Unruly nerves, indigestion, poor circulation, neuritis are

but a few of the troubles collected when your feet are your enemies.

Then there are the consequences of these conditions still to be reckoned with. Unconsciously you attempt to pamper your aching feet. You walk less, and you gain more weight. You attempt to ease your feet, and you acquire faulty posture habits that induce misplaced internal organs or crowded intestines. Soon the small of your back comes permanently to slope inward, your abdomen drops and protrudes. On your face is written the story. A famous doctor declares that foot-pains leave more lasting impressions upon the face than do any other pains.

What can you do about it? A great deal. More and more doctors are advising exercise as a remedy for weak feet. Nearly every day women come to my studio with the light, elastic step of young Indians, while only a few months before they literally groaned at every tottering step. There are no series of exercises which I have developed that accomplish more definite, more helpful, more delightful effects than do my foot routines.

But before you begin these routines you must get to know, to understand, and to appreciate this delicate machine—your foot.

The foot consists of twenty-six small bones

which are arranged in such a way as to furnish three points of support for your weight: heel, ball of foot (first metatarsal) and outside border of foot. One *bridge* or *arch* extends longitudinally from heel to head of the first metatarsal and from the heel to the head of the fifth metatarsal. The second arch lies crosswise between the outer and inner metatarsal.

The metatarsal, or short arch across the foot just behind the toes, is usually the first to weaken.

However, you demand more of your foot than support. You expect it to be resilient, to absorb shock, and to propel you when you walk. This work is done by a series of muscles, tendons, and ligaments which bind these supports or bridges together. Just to let you know how complicated this is, let me tell you that a single movement of your foot upon your leg calls into play no less than thirteen different muscles. One movement of one toe puts twenty muscles to work.

When these muscles and tendons lose tone the arches do not function properly. Nerves which should be protected are pressed upon. The joints swell, and corns and bunions add to the discomfort.

Weak feet are also caused by posture defects of the body, and by the undue strain of walking on

hard pavements, which human beings were never intended to do. And a large number of weak feet are caused by tight tendons. Tight tendons in leg and upper thigh react disastrously upon the bridges of the feet, preventing the light, elastic step that makes walking a pleasure. Hence I've called this chapter "The Bridge of Sighs." So often—too often—the foot is exactly that.

The time to correct this condition is before the foot is completely broken down. How will you know if your feet are weakening? Look at your shoes.

Do the heels of your shoes run down badly? On the inside?

Do your shoes tend to gape and bulge at the sides?

Do the linings wear out at toe and heel?

Does the sole of your shoe show exceptional wear on the front part?

All these are indications of weakening feet that need attention.

But perhaps you have already progressed to the state of annoying pains in the metatarsal arch just behind the bones of the toes. Perhaps you already know what it means to have rivers of nagging pain running up the calves of your legs. Or a vice of pain grips you behind the knee and mounts

EXERCISES FOR THE FEET

to the muscles of your thigh. Callosities have formed and thickened at the base of your toes. The big-toe joint is enlarged and threatening a bunion, and already the sharp, knife-like pain of burning, aching corns is punctuating your days.

First you must get a proper pair of shoes properly fitted. The high-heeled short-vamp shoe is Public Enemy No. 1—if women only knew it. Good shoes make for good feet. You must get several pairs of shoes that give your toes plenty of room, your arches a wide measure of support. They should have a nearly straight line from heel to toe and a heel that is sufficiently low and broad to be a sensible base. Do not wear arch-supports unless absolutely necessary. Change your shoes twice a day at least, your stockings every day, and be sure they are long enough.

Now you are ready to begin to rebuild your feet, to convert a bridge of sighs to one of comfort ready to serve you at your will, as feet were intended to do.

When feet are in painful and weak condition, exercises should be done with weight off the feet. Before we begin, I must warn you—the restoration of weak feet is apt to be a long, tedious process. So keep up your courage: results make it worth while.

NEW BODIES FOR OLD

FIRST FOOT ROUTINE

I



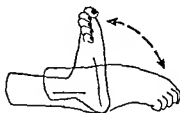
Lying down, feet apart, extend the legs straight out, heels pushing hard, and rotate the toes inward, big toes touching.

Relax and allow feet to fall back in place.

Repeat five times. Relax for a few seconds.

Gradually work up to twenty or twenty-five times.

II



Sitting up, legs stretched out from body, heels on floor, pull foot back from ankle joint as far as you can, at same time gripping toes under. Relax, then extend feet forward, toes leading, and grip with the toes.

Relax and repeat both movements five times. Rest.

Work up to twenty or twenty-five times.

EXERCISES FOR THE FEET

III

Metatarsal Arch

Sitting, place towel on floor with toes of both feet just over its edge and heels firmly on floor. With gripping movements of the toes, pull towel back. Continue to grip and relax until most of the towel is pulled back under the foot.

Repeat four or five times.

IV

Funny Foot Walk—for Pronation of Feet



Walk with toes pointing in towards each other and toes pulled under as far as they will go (pigeon-toed fashion). Hold toes in this fashion and walk around fair-sized room. Shake first one foot, then the other, until all the muscles are completely relaxed.

V

Sitting, loop towel under metatarsal arch or at ball of left foot. Extend left leg straight out, heel leading,

NEW BODIES FOR OLD



knee straight, and pull towel taut Grip toes hard over edge of towel, pulling harder with right hand so the foot is rotated inward

Repeat five times with left foot, then with right foot
Ten to twenty times altogether

SECOND FOOT ROUTINE

I

Movements to give Flexibility of Muscles in Long and Short Arches



Stand with feet slightly apart, toes pointing straight ahead Raise the right heel, letting part of the weight

EXERCISES FOR THE FEET

fall on the ball of the right foot. Then as right heel begins to lower, raise the left and continue. Both feet should be moving all the time. When your movement is co-ordinated, start moving around the room, adding a slight spring to the movement.

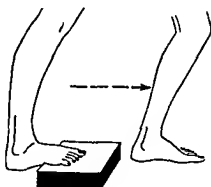
II

Stand as in No. 1. Rise lightly on toes and spring from floor. Do not try for height. Feet should be held relaxed and flexible throughout.

Repeat six times. Rest. Twelve times altogether.

III

To stretch Tight Tendons in Back of Legs



- 1 Use a thick telephone directory, mail-order catalogue, or any object about $1\frac{1}{2}$ inches high with edges not so sharp as to hurt the feet. Standing, place the ball of the right foot on the book and the heel on the floor.

NEW BODIES FOR OLD

- 2 Step forward with the left foot about $2\frac{1}{2}$ feet in front of the book, keeping right knee straight and heel on floor throughout exercise
 - 3 Bend body and left knee forward until you feel a strong stretch in muscles up the back of right leg
- Alternate first right, then left—four to eight times

IV



- 1 Sit with legs out in front of body and bend right knee inward. Grasp right hand under inside of long arch, cross left hand under right, and place on top of right knee
 - 2 Stretch right leg straight if possible, at same time pushing down knee with left hand. Bend and stretch leg three times. Then alternate to left leg
 - 3 After practising the first exercise several days, try this variation. Sitting erect, grasp inside of each long arch with corresponding hand and stretch legs out high to the sides. Try to get knees straight and not let body roll over backward
- Four times Rest Eight times altogether

EXERCISES FOR THE FEET

V

*To help to push Bones back into Position in Metatarsal Arch,
relieve Congestion, and start Circulation*



1. Sit with calf of left leg resting across right knee, sole of foot turned upward.
2. Place both hands around ball of foot, fingers on top surface and thumbs on the sole, pressing into metatarsal region. Manipulate flesh and bones of the sole of the foot.

VI

*To relieve Tiredness, Swelling, and to help Circulation and
tone up the Muscles*

Attach a tube spray to your bath-tub cold-and-hot-water tap. Spray the feet and legs with water that is quite warm. Then use water as cold as it will run. Repeat this—alternately warm and cold—six to eight times. If feet are in painful condition, spray night and morning. If impossible to use spray, dip feet first into warm, then into cold water, alternating, six to eight times.

For women who are standing and using their feet constantly. The feet should be raised higher than the head as often as possible.

For enlarged big-toe joint: Massage the joint and toe gently with olive oil and wear between big toe and second toe a pad of lamb's wool or a triangular piece of rubber sponge.

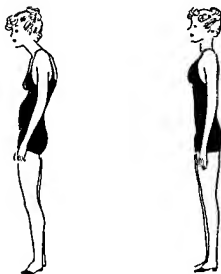
To exercise and straighten big-toe joint: Bandage the two big toes snugly together, then move them up and down until they feel warm and completely exercised. Ten times. Rest. Thirty to forty times altogether.

VIII

COMMENT VOUS PORTEZ-VOUS?—
HOW DO YOU CARRY YOURSELF?

VIII

COMMENT VOUS PORTEZ-VOUS?—HOW DO YOU
CARRY YOURSELF?



YOUR posture is the dominating part of your personality. It is more vital, more expressive to others, than the tone of your voice, your features, your weight, and the clothes you wear. It is your posture more than any one other characteristic which registers on those you meet. You know—that vital first impression!

Posture can add ten years to a woman's apparent age—or it can subtract them. A woman may be fifty, even sixty, but if she has a light, elastic step, a body that is erect and agile, she will create an impression of youthfulness. There is an awareness, an alertness, an up-to-the-minute air about her that is ageless. On the other hand, the girl in her 'teens, when slumped, awkward, heavy, will invariably seem uninteresting, lacking in that keen, quick vitality for which youth is admired. And, no matter how expensive and *chic* her clothes may be, the woman of poor posture never looks smart.

Here I would like to make this observation, which is prompted by a clinical analysis of several thousand women's bodies ranging in age from six to sixty-five: three-fourths of the figure faults that embarrass women are chiefly caused and always accentuated by poor posture. Regardless of weight and even proportions, good posture makes for better figures.

But posture does more—much more. Good posture is intimately allied with good health. Backache, headache, continued fatigue, internal difficulties, even indigestion and constipation are often due to poor posture. Certainly they are aggravated by it. It is no mere whimsy which

induced the greatest nation of realists—the French—to adopt the greeting, “*Comment vous portez-vous ?*”—“How do you carry yourself?”

Let us consider this matter of health in regard to posture first. It is most important. The slumped, narrowed, cramped chest not alone induces unlovely hollows at the sides of the chest, and rounded shoulders, but it decreases the efficiency of the lungs. It hinders the passage of clean, purifying, and nourishing blood through them and leaves them a ready prey to germs and disease.

The spinal column is such a complicated and delicately adjusted mechanism that the slightest deviation from the normal may cause a strain on nerves and muscles. This induces pain, chronic fatigue, and nervousness. When a spine becomes twisted, look out for danger ahead.

At the base of the spinal column are the pelvic bones, and jutting out from the spine are the ribs. All these bones protect and support vital and important internal organs. When the spine is out of line this important part of the body is often first to suffer.

Backache is a frequent result of poor posture. When the back muscles are weak the trunk of the body and its internal organs slump down. The

pelvic basin is tipped forward, and the organs drag downward. Thus the weight of the middle part of the body is thrown forward, increasing the strain on the muscles in this area and irritating the nerves. Backache results. The large, protruding abdomen appears, and the curve of the lower back is accentuated.

Of course, there are other causes of backache—bladder and kidney trouble, a tipped and dropped uterus, chronic constipation, etc. Therefore when you experience continued backache always consult your physician.

One of the most aging figure faults caused by poor posture is dowager's hump—that fatty pad at the base of the neck. Though dowager's hump seldom is seen before a woman is twenty-five, it actually begins in childhood. Sometimes it is caused by near-sighted eyes: the child leans forward to read and to study. School desks may be too close, too low: straps on underwear may be too tight. Or it may be caused by slumping to conceal the breasts, as so many adolescents do. All these habits make for dowager's hump.

Then, as one grows older, school books are carried on the same hip from day to day. Later purses and packages take the place of books. At business, one leans for long hours over desks.

Few women actually know how to pick up a baby. Many sit hour after hour slumping, with legs crossed in the most fantastic manner at desk—dining-table—at the wheel of the car. Meanwhile they are squeezing the internal organs and lungs—collapsing the abdominal muscles—rounding the shoulders—thrusting the head forward. And muscles are like the proverbial twig—they grow as they are bent. All these habits, occurrences, and occupations militate against good posture. Definite corrective measures are absolutely essential to keep the body well poised, beautiful, and healthy.

Yet many women actually are unaware of their posture. They really do not know whether they have a good posture or a bad one. Here is a simple test that will answer the question beyond all doubt:

Stand naturally and then turn sideways before a full-length mirror and look at your silhouette. Now answer this question: Can a straight line be drawn from the top of your head to your hip-bone, then to your knee and down to your ankle bone?

If that line is straight—congratulations! You are a woman in a thousand—a woman of good posture. If the line zigzags—well, the exercises at the end

of this chapter were planned to make those out-of-line bones and incorrigible muscles get into line.

But now, while you stand before that mirror, do as I tell you:

Put your feet six to eight inches apart, toes pointing straight ahead. See that your weight rests on the outside edge of each foot. Relax your knees slightly. Now place one hand on your abdomen, the other on the buttocks muscles. Push down with hand on buttocks and pull in with hand on abdomen. Now let your arms fall naturally at your sides.

Next grow tall by pulling up from the pelvis. Head and neck should be well back—as if the back of your neck were resting on a high collar. But do not pull chin in or down. Let the back of your neck *settle* on that imaginary collar. Be careful that your shoulders are loose and not too high.

Hold this position and count to fifty.

Slump.

Take it again. Count. Slump. Again.

Now you know my theory of posture correction—*Begin in the middle.*

Posture correction and control should take place in the middle of the body. Not in the shoulder section, as the old-fashioned "Throw back your



THERE IS A BODY THAT CAN WEAR CLOTHES PROUDLY, OR NO CLOTHES.

shoulders—throw out your chest” school demanded. *Begin in the middle*—by getting your bones in line, your muscles in position. Then make them strong by exercise, so that good posture becomes as unconscious an act as breathing.

This good standing-posture should follow through into everything that you do—sitting—walking. While you acquire a good static posture you should also acquire a good mobile posture.

Recently a motion picture came out of Hollywood that enjoyed a tremendous vogue. Its story was interesting. Its cast was famous. Its settings and costumes were magnificent. Scarcely one of my students but praised it, yet they did not mention even one of these points. They talked about, they revisited that picture—one, two, three times. Why? Because the women in it stood and walked beautifully.

I inquired about the selection of the cast and heard a story of heartbreak, of incessant work, and final triumph. It actually took six months to assemble that cast. There were thousands of pretty faces in Hollywood on call, but to collect a group of women who could stand and walk well, that was a six months’ task.

Hundreds of women who have come to my studio, like thousands of others whom I have

watched on the street, have been a delight to the eye—until they started to walk.

Most women walk badly—and most women don't know it. *Do you?*

If I were to sum up in a few words the chief faults of women walkers, I should say: "They waddle, they stride, they slouch."

The *waddler* is usually overweight. She has put on extra pounds, and as the overweight has developed, her confidence in the ability to balance her body has declined. She is afraid to let her feet leave the ground, so she holds her hips rigid and depends upon short steps to get her eventually to her destination.

The waddler needs balancing exercises to renew her confidence in her own muscles. She needs limbering exercises to get the long muscles once more into play. And it is truly amazing what even two weeks of half-hour daily exercise will do for this type. At the end of two weeks a waddler's own dog won't recognize her footstep. Her step will become quick and elastic. She will mount stairs easily and quickly. She will 'get over the ground' more rapidly, and she will actually give the impression of weighing pounds less.

The woman who *strides* is usually the nervous, repressed type, often suffering from an inferiority

complex. She walks in the 'dramatic fashion,' with much swinging of shoulders, arms, and legs to buoy her own feelings and to make an impression. She makes an impression, but it is seldom a pleasing one.

To correct the bad walking-habits of the strider the first step is to hold the body erect, as it should be. The chin must be held up—relaxed, not rigid, not thrust forward. Her greatest need is to line herself up, according to the posture exercise described on page 106. She must raise that hollow chest, build a good firm foundation of muscle in the middle of her body. Once this is accomplished the transformation will be amazing.

There are three most pronounced types of poor walkers, but many other faults are apparent in women when they walk. Too short steps—the mincing gait—rolling buttocks, loose knees. Then there is the tense, tight walk—often seen among slender, nervous women of thirty-five and over. Their nerves won't let their muscles go. There are also any number of gestures and habits induced by too-high heels, by uncomfortable shoes that throw the body out of line: and, of course, every one knows the walk of the woman whose shoes are too tight, so that they hurt. She may have taken a half-inch off the length and width of her

foot, but instead of improving her appearance she has become ridiculous. Hers is a secret known to all the world. And all the world laughs.

I will now give you a special exercise-routine to improve and correct posture faults. To this routine I wish you to add the exercises in Chapter VII, because these strengthen and improve the feet, and good feet are as essential to good posture as are a straight spine and strong torso muscles.

POSTURE EXERCISES

To give Flexibility in Hip Region and Strength in Abdominal Muscles

I

1. Sitting, knees bent—feet apart—hands placed on knees—head and shoulders forward and back rounded.
 2. Sit up straight—pull from hands on knees. You should feel strong pull in lower back. Push chest forward and flatten shoulders. Raise head and neck, moving them back as well as up.
- Repeat three times. Relax. Nine times altogether.

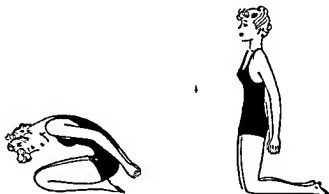
II



HOW DO YOU CARRY YOURSELF?

1. On back with right knee pulled back to chest and both hands clasped around knee.
 2. Swing left leg back over head as far as you can, then come to sitting-up position. Pull from hands around knees, flatten back, keep neck and head high.
- Repeat with right three times. Then left three times. Twelve times altogether.

III



1. On knees, head back, hands clasped back of body and stretched downward.
 2. Bend slowly forward, keeping head up and back flat until sitting on heels. Drop head to floor and relax.
 3. Keeping head down, round the back, pull in abdominal muscles, and slowly raise the body. Movement begins at lowest vertebræ and slowly lifts thighs away from heels at same time.
- Head and shoulders rise last to Position No. 1. Repeat five times, working up to fifteen times altogether.

III

IV



1. Stand with feet about eighteen inches apart, hands placed alongside of hips
 2. Bend knees slightly, and lower hips, also moving them backward, flattening lower back as if about to sit in a chair. Push hips and abdomen forward, then upward to make a complete circle
- Repeat thrice. Relax Nine to fifteen times altogether

HOW DO YOU CARRY YOURSELF?

V



1. Stand with feet about eighteen inches apart—perfect posture, arms raised out to side but relaxed.
2. Keep this position and turn half-way to right—bending both knees slightly—then to left. The movement should be done slowly and with good posture throughout exercise.

Repeat four times. Rest. Eight times altogether.

IX

WILL *VERSUS* WEIGHT—REDUCING
AND GAINING AVOIRDUPOIS

IX

WILL VERSUS WEIGHT—REDUCING AND GAINING AVOIRDUPOIS

REDUCING is not a physical achievement. It is a mental triumph! The important feature of a reducing *régime* is not how much do you weigh but how strong is your will! Reducing is setting will against weight, and the stronger inevitably wins.

The time to begin to reduce is not when you are twenty pounds overweight but when your scales show a three-pound gain. When you find that you are adding a couple of pounds to your weight every season you may be sure there are curves ahead!

This gradual increase in weight frequently starts when women are around twenty-five. If nothing is done about it they find themselves fat at forty whether they are fair or not.

Then, too, about thirty-five there is a general tendency to slow up physical activity but to continue to eat the same amount of food, and even

more. This practice is nothing more nor less than an invitation to weight. It takes a tremendous amount of exercise to wear away the effects of a generous helping of chocolate-peppermint cake or a pound of rich and luscious toffee, though of course it can be done.

To reduce a woman with a strong determination to get thinner is a comparatively easy matter—if she will give me complete co-operation. This I prove every month my studio is open. But when such students come to me I usually ask them “How stubborn are you?” rather than “How much do you weigh?”

I emphatically believe that no one should adopt a reducing diet without consultation with a qualified physician. Physical directors, beauty-parlour operators, *masseuses*, exercise specialists should never presume to prescribe a diet, not even if it has worked successfully for themselves.

The practice of dieting by reducing the caloric intake is probably the safest—if one knows enough about balanced meals to eat the right food for the body's upkeep.

The high protein diet worked out by Dr Evans and Dr Strong of Pittsburgh has been found to be an almost sure reducing diet. It requires that the patient eat an exact amount of food daily, especi-

ally of protein, because this causes combustion within the body itself, burning up the superfluous fatty layers. This diet has been adapted to individual cases by Dr Josephine Hemenway Kenyon and may be obtained from the *Journal of the American Medical Association*. It should never be taken except on the advice and under the guidance of a physician.

Diet is not the only practice which has its fads and quacks. Stores are stocked with all sorts of reducing salts and soaps, bath powders, and creams. Some sell tonics and medicines of various types. There is a large amount of profit made from the sale of these, but the safest plan is to let them remain on the druggist's shelves.

Turkish and paraffin baths are another method of reduction. They reduce largely by loss of water-weight. They are enervating, leave the flesh soft and toneless, but if taken no more than once a month seldom do any real harm.

Reducing machines should be used with care, especially when applied to the abdomen and breasts. Some of them may be useful in reducing 'spots,' but they certainly do not help to develop muscle-tone nor to increase co-ordination, balance, grace, and posture, all of which can be increased with the right kind of exercise.

There is no miracle-working prescription for reducing. There is no safe, sure, and satisfactory method except that which utilizes and brings into balance the forces of Nature herself. There is no healthful substitute in a reducing *régime* for *proper diet* and *exercise*.

Even exercise alone cannot accomplish a reduction of more than ten pounds. However, I have found when directing more than three hundred and fifty cases of overweight that exercise can reduce the proportions of various parts of the body from one to four inches. I have had most satisfactory results in one week's time when a patient adopted only a moderate diet and followed my exercise routines every day. A reduction of about three pounds was accomplished, and measurements decreased three to four inches.

When diet and exercise are combined and the person has the will-power to carry on, she can safely take off seventy-five pounds over a period of seven to nine months. This allows an average reduction of two and one-half to three pounds a week—an average of ten pounds a month. There will be a greater loss at the beginning and there will be periods when no loss to speak of is made. Then will come a sudden drop of several pounds. The loss in inches is equally pleasing. It will

WILL VERSUS WEIGHT

average from eight to eleven inches around the bust, abdomen, and hips.

One student's measurements were recorded as follows:

					July 6 to March 1	
Bust	46 $\frac{1}{2}$	35
Waist	37 $\frac{1}{8}$	27 $\frac{3}{4}$
Hips	49 $\frac{3}{4}$	38 $\frac{1}{2}$
Weight	236	155

If you are overweight—five pounds, ten pounds, fifty pounds—this book can be of decided aid in helping you to acquire the weight and proportions you desire. Every exercise, every bit of advice it records, has proved successful, and furthermore it has proved healthful.

First, consult with your physician. Have a physical examination and get from him a proper diet. Do not permit yourself to be discouraged, as so many women do, by the thought that 'glands,' unbalanced or over-active, are the entire cause of the overweight and therefore nothing can be done about it. Even in spite of abnormal glandular conditions much can be done with diet and exercise. I have proved it!

Secure professional advice, make up your mind that you will reduce, then arrange an exercise *régime* from these pages. Continue the programme

for one month, you will never give it up then, for you will see what can be done

In a month's time, if you have 'stuck to your guns,' not only will your proportions and weight have decreased, but you will enjoy a buoyant sense of physical well-being. You will feel fit—gloriously fit. Your eyes will be brighter. Your skin clearer. As the fat fades away, your own personality will appear sharper, clearer, more brilliantly defined. You will wear your clothes with a more distinguished air. You will enjoy walking and dancing. You will be proud of your own achievement, as a sculptor is proud of the beautiful statue he carves from a mass of marble. Your children—your husband—your friends—will look admiringly at you. Fat is an anchor and it weighs down many a woman—holds her stolid and still as the iron holds a ship in harbour. Rid yourself of fat and enjoy the adventure of life's high seas. It's worth your while.

SUGGESTED ROUTINES FOR REDUCING

Follow the first four exercises every day for one week. Then add a new exercise every other day until you have embraced the entire routine

WILL VERSUS WEIGHT

WILL VERSUS WEIGHT

I

Morning Functional Exercises—First Part



1. Lying on back in bed, stretch both arms over head and push the heels and feet downward.
2. Keeping the arms over head, roll the shoulders and arms over to the left side and keep the hips on the mat or mattresses throughout movement. Next roll the shoulders and arms over to the opposite side.

Repeat six times to each side, stretching first one side, then the other.

Second Part



1. Using the same stretch position as above, keep the shoulders flat—pull up the left hip and roll it over to the right side. Do not lift the feet from the bed.
 2. Alternate first the left hip, then the right hip.
- Repeat. Six times altogether.

II

1. Sit down with legs wide apart and straight. Place hands behind buttocks on floor.

NEW BODIES FOR OLD



- 2 Rotate the upper torso in a circle from the hips upward and around. The abdomen should be pulled in as you make the circle, and released as you finish the circle.

Circle four times in one direction, then repeat in opposite direction.

Repeat sixteen times.

III



- 1 Sit with the legs wide apart. Hands placed behind buttocks.
- 2 Raise right hip from floor, and push to the left. This movement is a rotating movement in the hip section. There is a half twist in the upper torso each time the hip is rotated.

Repeat eight times, alternating first right then left.

WILL VERSUS WEIGHT

IV



1. Turn on right side, upper trunk raised and weight placed on right hand. Raise the hip and let it down with a bump-bump-bump. Continue to bump up and down about six times, then turn to left side. Repeat twice on each side.

V

Funny Foot Walk



1. Stand. Pull the toes under and raise the border of the long arch, so that the weight is on the outside. Turn the feet in towards each other as you continue to walk around the room with the feet held in this position. Relax when tired and repeat three or four times.

VI

1. Standing, raise your arms sideward. Relax the arms and shake them. Continue shaking the arms. Now raise the right leg and shake, next the left leg. With a hopping motion change from one foot to the other, shaking the whole body as you hop. Move your arms to different positions—over the head, in front of you, to the side.

You should be able to relax the entire body completely as you go through these movements. This exercise not only relaxes the body, but increases the circulation and stimulates muscle-tone.

VII



1. Arms over head, pull in abdominal muscles very hard. As a result of pull, the upper trunk and arms will come forward about twelve inches. Movement should be done slowly.
2. Hold abdominal muscles in and slowly bring upper torso and arms back to first position. Relax entire body.

Repeat about six times altogether. This exercise may be done in sitting-position with legs crossed.

VIII



1. Place right foot forward in a long stride, bend body forward from waist, bend the right knee. Keep the shoulders and chest up. Bring the hands forward, palms facing each other and almost touching.



2. In one motion raise the body and move it backward; straighten the forward leg and transfer weight of body to left leg, bending left knee sharply. The upper torso should be bent backward from waist so that there is a long, straight line running from

NEW BODIES FOR OLD

head to toe of forward foot Arms in second movement should be bent at elbows and forcibly pulled back.

Repeat three times with right foot forward, then three times with left foot forward

IX



- 1 Standing, feet slightly apart, toes straight ahead, swing both arms forward and upward in front of you in a complete circle, as the arms swing downward, keep the back as straight as you can and bend the knees
- 2 As the arms complete the circle upward, stretch the body upward, straight in the air to the very tips of the toes

Repeat four times and rest after every swing

UNDERWEIGHT

There is a mistaken theory that underweight people should not take exercise Believe me, this

group needs exercise even more than that which is overweight.

An underweight condition frequently implies health below par. It is oftentimes accompanied by poor muscle-tone, poor nervous or mental conditions, lung weakness, constipation, a susceptibility to colds, and an inclination to ptosis further induced by bad posture. It is sometimes a warning signal of danger ahead.

Many women who are underweight say to me: "No matter what I do I can't put on a pound. I eat and eat, but the scales won't budge an inch higher. I seem doomed to be thin."

Nine times out of ten a study of their diet reveals that though they may eat more than usual for a few days or weeks they still are not eating the kind of food they really need.

In order to increase weight, one needs not only a supervised diet but also a plan that will combine the corrective diet with exercises to improve muscle-tone and induce relaxation by easing nerve strain. I have yet to find a woman underweight who has adopted a balanced *régime* of diet and exercise without beginning to gain. It is easier to reduce than to gain weight, but in no normal instance is adding weight an impossibility.

If you are underweight my advice to you is first

to have a doctor's examination. Talk to him about your diet. He will probably advise frequent meals at regular intervals—a menu that includes plenty of fats—butter, salad dressings, rich soups, milk, fruit juices, enough vegetables to give you necessary vitamins and salts, with not too much roughage or bulk. Milk, soup, with biscuits or cakes between meals and before retiring. A rest after every meal of from ten to fifteen minutes.

Next you must begin to tone up flaccid muscles and to quiet nerve strain, for you are probably an energetic, nervous type, continually burning up your own energy and practically 'living on your nerves,' as the saying is.

Among the chapters in this book you will find the material needed to plan an exercise menu which is equal in importance to your diet.

First read Chapter X, on Relaxation, page 139. You may perhaps need to include "Lullaby" in your *régime* (page 157). These exercises will ease nerve strain and invite relaxation and sleep. To them you will add exercises to stimulate the circulation so that the blood stream will carry off fatigue poisons and bring nourishment and oxygen to the cells and muscles throughout your body. The soft under-developed muscles and the sagging abdo-

WILL VERSUS WEIGHT

minal walls (usually characteristic of an underweight condition) must be toned and strengthened. Exercises from Chapters III, VII, IV, and VI will therefore be added.

Summing up a characteristic exercise menu to correct underweight from those given in this book, I suggest the following:

UNDERWEIGHT EXERCISE ROUTINE

I

(Exercise I, Chapter X)

Lie flat on back, arms stretched towards ceiling or raised over head. Stretch the whole body, pushing heels downward and pulling head and shoulders upward from centre. Then, keeping the body stretched, twist and turn as follows: Raise right hip while shoulders remain flat. Then the left hip. Next let hips remain flat and roll up and over first the right shoulder, and then the left shoulder. Then relax all over. Repeat each step of stretching and complete relaxation three to five times. The alternate stretching and relaxing quickens the circulation of the blood all through the body and so reduces stiffness and tension.

II

(Exercise II, Chapter X)

Now that you are relaxed, lift left arm and let it drop limply with hand resting just above head. After a moment flop arm down beside body with the same

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complete relaxation. Lift right arm in the same way, letting movement flow from relaxed shoulder throughout arm to ends of fingers. Drop arm above head, then down to right side. Repeat six or eight times for each arm until muscles around shoulder joints, back of neck, and arms have no tension.

III

(Exercise III, Chapter X)

Lie on back, arms at side. Lift right arm and let fall over head relaxed, and at the same time pull left knee back to chest. Let arm and leg fall back in place. Alternate, using left arm and right knee. Be sure there is absolute relaxation in the neck muscles throughout the exercises.

Repeat thirty times, resting after each ten.

IV

(Exercise I, Chapter III)

Lie on back with arms at sides, pull both knees straight back to chest, kick legs out in front of body, and raise hips from floor and at same time come to sitting-up position with legs extended and knees straight. Swing arms forward and see how far you can reach.

Return to first position and continue.

Repeat four times. Rest. Eight to sixteen times altogether.

WILL VERSUS WEIGHT

V

(Exercise II, Chapter III)

1. Sit Turkish fashion, knees bent, hands on knees, legs crossed at ankles.
2. Pull abdominal muscles in hard while rounding back with head and chest bent forward.
3. Gradually straighten up, rocking slowly back on the buttocks muscles, holding abdominal muscles in until head and neck are high and back straight with shoulders relaxed.

Repeat four times. Rest. Twelve to sixteen times altogether.

VI

(Exercise I, First Foot Routine, Chapter VII)

Lying down, feet apart, extend the legs straight out, heels pushing hard, and rotate the toes inward, big toes touching.

Relax and allow feet to fall back in place.

Repeat five times. Relax for a few seconds. Gradually work up to twenty or twenty-five times.

VII

(Exercise III, First Foot Routine, Chapter VII)

Sitting, place towel on floor with toes of both feet just over its edge and heels firmly on floor. With gripping movements of the toes, pull towel back. Continue to grip and relax until most of the towel is pulled back under the foot.

Repeat four or five times.

NEW BODIES FOR OLD

VIII

(Exercise II, Chapter IV)

1. Sitting or standing, raise arms shoulder high and out to side. Bend upper arm at right angles and clench fists. Pull arms, shoulders, and head well back.
2. Bring elbows together in front of body. Lower head, neck, and chest forward.
3. Return to first position. Should make a complete circle with the bent arm moving from the shoulder. Movement of bent arm is forward—upward—backward—downward.

IX

(Exercise III, Chapter IV)

1. Sitting, legs crossed at ankles with arms, chest, and head dropped forward.
2. Raise arms slowly to a horizontal position without hunching shoulders. At the same time lift chest and let head drop backward. Return to starting position.

Repeat three times. Rest. Six to twelve times altogether.

X

(Exercise I, Chapter VI)

1. Lie on back with arms out to side.
 2. Pull right knee back to chest, swing it across to left side of body, then straight down to first position.
- Repeat with left knee, alternating each time.
Six times. Rest. Twelve to eighteen times altogether.

During the first week, use the first half of this series. Then gradually increase the amount, adding one more exercise every other day.' For the second month, make out a new exercise routine, using the next exercises in sequence from the same chapters.

X

LADIES, BE LIMP: RELAXATION SERIES

X

LADIES, BE LIMP: RELAXATION SERIES

RELAX your muscles—discipline your mind—
and your nerves will take care of themselves.
That is my prescription for nerve tension, and it
secures results.

Why? When nerve tension develops it is seldom
the nerves themselves which are at fault. Usually
your mind and your muscles are abusing them.
The disturbance is not organic—it is functional.
If only more women understood their bodies, we
would seldom hear the prevalent moan “I am
so nervous—I just can’t relax.”

The truth of the matter is that nerves are merely
messengers. These tiny grey tendrils permeate the
body like a network of telegraph wires. Like such
wires, they are message-bearers. Every muscle
has two sets of nerves. One set brings messages
from brain to muscle, the other carries messages
from muscle to brain. Give your nerves the right
messages and the right number of messages to

carry, and they'll seldom if ever trouble you. Abuse them and they'll rebel.

When nerves rebel, the sooner you take them in hand the better. There has been so much discussion of nerve conditions recently that you are probably sufficiently informed to recognize the symptoms of nerve tension without coaching.

You feel fatigued—'let down.' You sink into the 'blues' for no reason at all. You lose confidence in yourself, and are frequently seized with an overpowering fear. Sharp words come to your lips before you are even aware that you *think* them. The most inconsequential things annoy and exasperate you.

There are physical signs of nerve tension which are equally trying. Your stomach is easily upset, sometimes to the point of nausea. You breathe irregularly and rapidly. You start at the slightest noise. You frown a great deal. The muscles about your eyes 'flicker'—sometimes you find yourself staring. Pulse, blood-pressure, and temperature increase, and constipation develops. You cannot even sit still to read a book or to watch a moving picture. To sum it all up in a few words, the joy's gone out of life—all seems hopelessly futile.

These are characteristics of over-active, over-tense nerves. What's to be done?

First, determine the cause. Go to your physician and have a complete physical examination. He will probably say, "There's nothing wrong. Take it easy for a while."

Instead of being relieved, as you should be, this diagnosis will disappoint you. You will almost wish there were some definite physical wrong on which to lay the blame. Labels—even when not cheerful—can be comforting.

The fact is that your doctor *has* given you a label—a most important one. He has told you that the delicate cellular fibres called 'nerves' are healthy. Nothing ails the nerves themselves. They are not injured or diseased. You should be saying a most devout prayer of thanksgiving, for when the nerve itself is sick that's real trouble, because it is organic. It happens very seldom. But this knowledge doesn't end your troubles. Nerve trouble, though not organic, is extremely trying and no imaginary ill.

Usually nerve tension develops after an operation, after a long period of worry or ill-health, but it is seldom caused by overwork. Generally it is the emotional conflict surrounding work which induces nerve tension, rather than the amount of work itself. It is *misdirected* energy, rather than the using up of energy, which encourages a tense condition.

Frequently the cause goes much farther back than we can even remember. Psychologists believe that tense nerves may be induced by sexual maladjustments in infancy. But whatever opinions are offered, the fact remains that *proved* information on the causes of nervousness is sadly lacking, though there's a library of books presenting all kinds and sorts of fads, cults, and theories. To my mind, the important thing is to recognize the condition and then set about immediately to correct it *functionally*, because the wrong is not organic but really functional.

Discipline your mind and relax your muscles. Or, in other words, give your nerves the right messages to carry—and don't overwork them. This isn't easy, but it can be done, if you will admit the truth of this equation:

$$\text{TENSENESS} = \text{CONTRACTION}$$

In other words, a contracted muscle marks a tense nerve. A round-trip message from brain to muscle and from muscle to brain which *must be carried by the nerve* results in a relaxed muscle and then an eased nerve. Simple, isn't it?

Unfortunately, brain and muscles are not so obedient as they should be. That monster, Habit,

stands in their way. But it, too, can be overcome in two ways.

The two methods of control are *general* relaxation and *specific* relaxation. The first calls for a relaxation of the entire body, the second demands the relaxation of a part of the body or of a particular muscle group. Let us consider this latter method first, because it is usually the need of the majority of people.

The first thing your instructor tells you when you are learning tennis, swimming, dancing, or fencing is to relax certain muscles while you are using others, and to save your energy between the strenuous movements. Watch a good tennis player on the courts. Between volleys, she stands relaxed, waiting for the critical moment: then almost without effort, she swings the racket into position and sends the ball back with an ease that is a perfect combination of timing, relaxation, and rhythm.

A swimmer must learn first of all just how little effort is required to keep herself on the surface of the water, or how to relax the various groups of muscles while the others are keeping the body afloat. Even when the body seems to be a veritable piston shooting through the water, you may observe the limp forearm and the lack of con-

striction in the shoulder, giving a silent explanation of the swimmer's ability to keep up the terrific pace

If the paramount thing to learn in sports is relaxation, why should it not be in every one's working life? You are constantly being called on for supreme efforts—to tackle something which requires all your resources. You must learn, in everyday life, to take the big jumps, then relax, as the sportswoman does, and to master the fine technique of how to conserve some parts of the body while others are being pushed to the limit

An excellent example of this is furnished by a young school teacher who worked with me a couple of years. I have seldom seen so clear an example of extreme nerve tension as she was when she first came to me. Her face, neck, and whole body showed it. Her movements were what I term brittle. After a few months of concentrated effort on both her part and mine, I made her understand what I meant when I said relax. When she first came, her reaction to my suggestion was immediately to tighten her body's muscles rather than to let go. But soon after she had learned how to relax her friends began to tell her she looked at least ten years younger. She had

more patience with the children she taught, too, and did not feel so worn out at night.

There is no other profession which requires such minute planning of details as that of the mother and home-maker who successfully makes her home attractive to her family and guests. Of course, the home-maker gets tired, tense nerves. She has plenty of opportunity for physical action, but it is usually not of the right type. The busy home-maker needs to save herself. The art of relaxation is important to her if she is at all times to be ready to cope with unexpected details and annoyances. She should cultivate mental composure as an aid to tired, over-wrought nerves and tense muscles. A young mother I had in a class in a suburban town is an excellent example. She found that knowing how to relax made her gain weight, look younger, and now she is teaching her children how to relax and making them do it for a certain length of time each day. And it is with young children that relaxation-education should begin.

The intense speed of a modern office or factory makes everybody respond unconsciously to the same rhythm. The lunch hour is too likely to be a dash against time to do a bit of shopping or meet a business associate for a short chat. Our

thin, high-strung, nervous modern woman is too often the result. Yet the life-saving knack of relaxing, while on the job or hurrying along a busy street is but a matter of 'knowing how.'

Have you ever noticed that when you are in an unusual rush you are apt to take quick, short, staccato steps and tense the muscles of the whole body? Then suddenly you realize that by taking longer, even steps, and by just 'letting go,' you save energy.

You can learn to relax in your office chair. Begin with the correct sitting position. The real secret of easy posture lies in the way you hold your neck muscles. Be sure the head is carried lightly, as if it were resting on an imaginary Elizabethan ruff, all the tension being released from the cords by complete mental control. If you are feeling particularly tired and strained, drop the chin forward on the chest in a relaxed position, let the arms hang limply at the sides, and then begin to straighten up the spine, beginning at the lower end, using each vertebra in succession, and continuing until the back is straight and the neck resting against the imaginary collar. Do this two or three times to give the nerves a change, and the body will feel refreshed. Just to drop the jaws open often gives a release from tension.

A clerk from a large store came to me with an attack of neuritis. She had had a recurrence three years in succession. On examination I found her whole body muscle-tone soft and undeveloped. She was underweight, and there was extreme nerve tension through the upper shoulders, neck, and upper arms. She showed me how she sat at her desk, body all screwed up, legs wrapped twice around each other, one shoulder hunched higher than the other, upper back round, all with a general tension that could not help bringing on an abnormal nerve condition of some kind. Every one told her that she would always have a recurrence of neuritis in the winter-time—that she must do nothing but rest. My treatment was directly opposite to this. I began by correcting her sitting-position, teaching her what real relaxation was, building up her general muscle-tone, and adding some weight to her body. From the first day she responded. It has now been several months since she has had an attack.

Relaxation is not easy to learn, but these few cases, chosen from the many hundreds which I have treated successfully, prove that it can be done. It is worth every woman's while to master relaxation, for it is a friend to health: continued tension is health's worst enemy.

However, a doctor's verdict that all one needs to do is to relax is not usually enough to help the patient reach the desired goal. Through study, practice, and a series of actual tests on women's bodies, I have formulated the following relaxation routines. In them, brain and muscle lead the nerves to relaxation, and their effectiveness has been proved hundreds of times.

Let me warn you first, however, of several obstacles that you will meet along this route.

First of all, you must endeavour to have your mind in a passive state. The nerves must not be hampered by a constriction from mental control. You had better forget the word 'relaxation,' or you may do just the opposite: in your effort to relax you may merely 'tighten.' Think '*limp*'—and relaxation will come more easily and more surely.

A little auto-suggestion also will help. Remember the Coué phrase, "Day by day in every way I am growing better and better." It can be used to good purpose here.

For your greatest difficulty will be the apparent absence, at first, of obvious results. You may grow depressed, discouraged, and want definite progress too quickly. Your own mental condition will naturally trick you into this loss of faith and

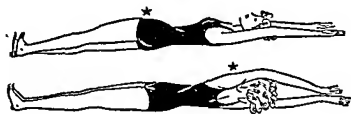
into self-distrust. You must avoid such discouragement as your ancestors did the plague. That way lies failure. Faith will lead you to realization.

So much for mental discipline. Now let's consider the muscles.

I have found through repeated experiments that it is best to begin a relaxation course lying on your back in a room where you can be alone. It should be quiet, the light not too strong, and your couch or bed should be neither too soft nor uncomfortably hard. A complete muscle effort, like a stretch, is a good beginning. Then continue relaxing specific muscle groups, for the principal tension points are in the back of the neck, in the shoulders, lower facial muscles, the eyes, under the knees, in the hands and feet, and to some extent around all the joints.

RELAXATION EXERCISES

I



Lie flat on back, arms stretched towards ceiling or raised over head. Stretch the whole body, pushing heels

NEW BODIES FOR OLD

downward and pulling head and shoulders upward from centre. Then, keeping the body stretched, twist and turn as follows

Raise right hip while shoulders remain flat. Then the left hip. Next let hips remain flat and roll up and over first the right shoulder, and then the left shoulder. Then relax all over.

Repeat each step of stretching and complete relaxation three to five times. The alternate stretching and relaxing quickens the circulation of the blood all through the body and so reduces stiffness and tension.

II



Now that you are relaxed, lift left arm and let it drop limply with hand resting just above head. After a moment flop arm down beside body with the same complete relaxation.

Lift right arm in the same way, letting movement flow from relaxed shoulder throughout arm to ends of fingers. Drop arm above head, then down to right side.

Repeat six or eight times for each arm until muscles round shoulder joints, back of neck, and arms have no tension.

LADIES, BE LIMP

III

Lie on back, arms at side. Lift right arm and let it fall over head relaxed, and at the same time pull left knee back to chest. Let arm and leg fall back in place. Alternate, using left arm and right knee. Be sure there is absolute relaxation in the neck muscles throughout the exercises.

Repeat thirty times, resting after each ten.

IV



On knees with the arms raised above the head, fingers extended, stretch upward, using the whole body in the stretch.

Relax in sequence the fingers, wrists, elbows, shoulders, neck, upper back, then let the whole body drop forward on to the folded arms with every part completely relaxed, especially the neck and shoulders.

Stay in this position a few seconds, then repeat, each time being aware that you are more relaxed in every section.

Repeat about five times.

NEW BODIES FOR OLD

V

On back with arms stretched directly upward in front of chest ~ Keeping the shoulders on the mat, stretch first one arm then the other upward to a full stretch position. Feel the pull in the muscles between the shoulders.

Repeat stretch upward eight to ten times. Drop arms and relax completely. Repeat stretching of arms and relaxing four or five times.

VI

On back, place arms over head and roll the body over to the right side, then let it roll on to the back. If there is complete relaxation, the body will sway slightly after rolling into position.

Repeat first to one side, then to the other, six or eight times.

There should be no rhythm in this movement. Wait after each roll until you feel completely relaxed.

VII



LADIES, BE LIMP

Stand with feet apart and let trunk drop forward from waist; muscles of neck, shoulders, arms, and back completely relaxed.

Have a friend place two hands just below the shoulder-blades and gently push the back up and down.

If the neck, shoulders and arms are relaxed, the head and back will bob up and down like a rag doll.

VIII



Stand with arms stretched high, reaching upward with entire body.

Relax in succession the fingers, wrists, elbows, and shoulders. Let the head, shoulders, and back droop forward in succession. With upper trunk fully relaxed, drop to the right knee, then to both knees. Let body fall forward on floor, absolutely relaxed. Roll over on side and remain in this relaxed position for a few seconds.

Keeping the relaxed position, roll back on knees, then slowly rise, taking weight on right foot. Next slowly lift body until on both feet, upper trunk hanging limp from hips. Begin the upward movement at the lowest vertebra, using each vertebra in turn until trunk is upright. Head and arms should be the last part of the body to be raised.

Finally, stretch arms upward and *yawn*.

Repeat five or six times.

IX



Stand with feet apart and let trunk drop forward from waist, all muscles of neck, shoulders, arms, and back completely relaxed. Swing trunk upward as far as it can be raised without extreme muscle effort from back—arms over head, neck relaxed.

Swing trunk downward *between the legs*—arms, back, and neck relaxed. Continue to let the trunk swing up and down as freely as a pendulum, with all upper trunk muscles relaxed.

Repeat fifteen times, resting after each five.

XI

LULLABY: GO-TO-SLEEP EXERCISES

XI

LULLABY: GO-TO-SLEEP EXERCISES

IF you can't sleep, don't try. Not that I expect you to let night after night pass with eyelids pinned wide open, staring into the darkness while your mind revolves upon to-morrow's problems. Nor would I encourage you to toss night after night from side to side on your bed without hope of surcease. But I believe that the I-can-if-I-will philosophy when applied to sleep doesn't work. It defeats its very purpose. Sleep cannot be made to order, but it can be coaxed your way if you know how.

There seems to be an ever-increasing number of insomnia victims. This is not surprising. Modern living is so tense. We work for hours at high pressure in offices and homes, keeping minds alert, nerves taut. When rest comes we are foolishly surprised to find that those taut nerves refuse to unwind at our command. The problems of the day and of the next day go on with us into the night, oftentimes magnified out of all proportion.

We lie awaiting sleep, but the big toe continues to jerk. The left eyelid twitches—twitches. We toss and ~~toss~~ until we have to get up and make the bed. On the pillow once again we find ourselves more wide awake *than before*.

There are a multitude of insomnia panaceas, some cheap, some costly. Sound-proof rooms. Silent clocks. Beds turned towards the magnetic poles. A room of your own. The sleepless rich may indulge in these: but sleep, though cheap, cannot be bought. For the lesser rich there is the well-known remedy, counting sheep. Those of us who have had recourse to this panacea know that even as we religiously and fervently count, the nimble creatures turn to laugh at us as they jump the fence. And the cold grey dawn of another heavy-lidded, nerve-racking day *begins* to pour through the bedroom window. So sleep, which cannot be bought, doesn't come free of charge either.

Then there are the little pills—the dear little pills. At first we indulge in them fearfully. Then more regularly. Then as if inevitably. They work. But the day of reckoning surely arrives.

My theory for the correction of insomnia recognizes none of these panaceas. I have formulated a series of movements, or exercises, which induce

LULLABY: GO-TO-SLEEP EXERCISES

muscle relaxation and stimulate the circulation to carry off fatigue poisons. These exercises relax the nerve centres and large muscles, they place the body in positions known to invite sleep. As relaxation advances, the nerves become more quiet. Finally sleep comes.

Read over these exercises, which one of my students called "Lullaby"—and the name was so apt it stayed. You will be surprised to find how very simple they are. You may even discountenance them because of their simplicity. Yet in this quality lies their merit.

A complicated series of exercises would excite the mind, and you wish to quiet it. A set rhythm would presuppose mental anticipation, and relaxation is wanted. For that way lies sleep. Therefore the true excellence of this exercise series depends upon its supreme simplicity.

The most effective way to break a spell of continued insomnia is to spend the day exercising in the fresh air. Weed the garden. Take the children for a walk in the woods. Give the maid a day off and go out and hang the laundry on the line. Throw open the windows and clean house. Stay out of doors for hours and do something in which you have no particular interest—like feeding the animals at the zoo.

That night wind the clock—put out the candle, drink a cup of hot water, ovaltine, or lemonade. This oftentimes increases drowsiness. Now you are ready for your Lullaby.

Simple as this series is, you can depend upon it to achieve results. I have worked out every movement under the guidance of physicians. Lullaby has made many a nervous, desperate creature into 'a new woman.' For there is nothing like sleep—quiet, restful, sufficient, blissful sleep—to lift the pinched, strained look of fatigue from tired faces, to wipe away dark shadows from beneath the eyes, to fill out hollows, to win back youth, and enable you to face every morning with full confidence.

LULLABY

I



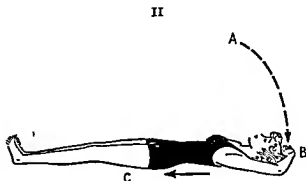
Lie flat on back, arms stretched out or raised over head.
Stretch the whole body, pushing heels downward as

LULLABY: GO-TO-SLEEP EXERCISES

pulling head and shoulders upward from centre. Then, keeping the body stretched, twist and turn as follows. Raise right hip while shoulders remain flat. Then the left hip. Next let hips remain flat and ~~roll~~ all up and over first the right shoulder (as in Chapter X) and then the left shoulder. Then relax all over.

Repeat each step of stretching and complete relaxation three to five times.

The alternate stretching and relaxing quickens the circulation of the blood all through the body and so reduces stiffness and tension.



Now that you are relaxed, lift left arm and let it drop limply with hand resting just above the head. After a moment flop arm down beside body with the same complete relaxation.

Lift right arm in the same way, letting movement flow from relaxed shoulder throughout arm to ends of fingers. Drop arm above head, then down to right side.

Repeat six or eight times for each arm until muscles around shoulder joints, back of neck, and arms have no tension.

III



Pull right knee back to abdomen, then drop right foot flat on bed and slide leg out full length to complete relaxation. Alternate right and left leg, six or eight times each, until they feel limp. Repeat this exercise four times, bending and relaxing both legs at once.

IV



Clasp hands back of head and pull head forward gently until you feel it along spine in upper part of back. This movement should not be jerky or strenuous, but a slow steady pull. Let head drop on pillow after each effort as if it were a heavy weight. Repeat four or five times.

V

Repeat Stretching Exercise No. I two or three times.

LULLABY: GO-TO-SLEEP EXERCISES

VI



With arms dropped above head, as illustrated, roll body over on to right side, then fall back into position flat on the back. Wait a moment or two, then roll on to left side and fall into position again.

Repeat four to eight times.

VII



On the back with arms straight out in middle line of body, clasp hands in front and raise body forward letting the hands and arms help to pull upward. Raise the body ten or twelve inches from the bed, then fall back into position, completely limp, the hands unclasp and dropping to sides.

Repeat this from three to five times.

VIII

Lie on right side with arms out straight in front, left leg bent, and knee crossed on bed in front of the middle of the body.



Keep this position on side and slowly drop left arm out to left side and feel the twist through shoulders and upper back. The hips and left leg should remain in the starting position throughout the exercises.

Next after stretching left arm out to the side as far as possible let it fall back into position in front of the body again.

Repeat three times on the right side, then roll over on to the left side and repeat three times.

By this time you should feel drowsy and free from tension throughout the body. Now, just keep this feeling of composure and let the mind gradually lose consciousness and lapse into oblivion. Good night!

XII

HOLIDAY: CONSTIPATION SERIES

XII

HOLIDAY: CONSTIPATION SERIES

MOST people take a holiday attitude towards their bodies. They never notice the body until it stops working. This is more true of that part of it termed the intestines, perhaps, than of any other part of the body machine. Yet, with the exception of heart, kidneys, and lungs, the comfort and health of the individual rests more importantly with this organ than with any other in the body.

In the intestines is digested and assimilated most of the food taken into the body. There the refuse of the machine collects, and from there it must be eliminated. If this refuse is not thoroughly eliminated, it becomes absorbed and passes as poison through the entire system. A 'splitting headache' comes above the eyes. You have 'that tired feeling.' Acne frequently appears. Your abdomen feels bloated. Then comes lack of appetite, and even slight nausea. You feel depressed, 'blue.'

These disorders are not the only reasons why the condition of constipation is not to be regarded lightly. A well-known specialist reports that 80 per cent. of the people who come to him for treatment of serious intestinal and rectal ailments do so because they regarded habitual constipation as a minor ailment unworthy of serious attention.

Of course, it is difficult to know whether you really are, or are not, constipated. Even doctors disagree as to the proper frequency of bowel movements. Their opinions vary from one to three times a day. It has been my experience, however, that you may reasonably expect one bowel movement a day: that this movement should take place easily, without pain or burning, and that it should be sufficiently complete, so that the urge to eliminate is thoroughly satisfied. If this movement does not occur under these conditions every day, if it tends to skip a day, two days, even three days, beware! You are progressing towards chronic constipation and auto-intoxication.

The majority of the women who come to me attribute their constipation to some unusual experience. "I became constipated after my baby was born," or, "I have been constipated ever since my operation," or, "When I went to college my room

was so far from the lavatory." A few say, "Ever since I was a child." And sometimes they say, "It runs in the family!"

I am convinced that the chief cause of constipation is the lack of a regular habit of elimination at a definite time of day. I am also convinced that constipation can never be corrected until this regular function, performed leisurely almost to the hour, is established as a habit.

There are many causes of constipation. Concentrated foods which contain little moisture leave little bulk in the intestine. There is need of water to soften these masses. Lack of it hinders the action of the intestinal muscle. When water is taken between meals this condition is helped.

Then there is the important matter of *nerves*. I have known many athletes whose diet was carefully followed, whose habits were regular, but who were constipated. Undoubtedly, this was due to the nervous tension created by their competitive sports. In the same way, the worries and vexations of daily affairs create nerve tension and invite constipation. Then there is the fear of being constipated. Worrying for fear there may be no elimination can prevent the very action we hope for. While the enormous amount of advertising done by the manufacturers of laxatives has done

good in the matter of making us aware of the dangers of constipation, it has done the regrettable thing of stimulating this fear which complicates the situation. It has made inviting and easy our recourse to handy little pills and vigorous, quick-working cathartics, whose brisk action is most satisfying.

In considering the condition of constipation it is helpful to make two divisions of the question.

First, there is the matter of the atonic intestine. The large intestine becomes lazy, dilates with waste, but can be helped by diet, by drinking water plentifully and regularly, and by exercise.

Then there is the hypertonic. This is the type which is associated with spastic conditions, now called colitis. It is induced by hurry, worry, and tension. This causes the intestine to contract. The need is for low roughage food, frequent meals of

body machine is the elimination of refuse. If it slows up, or even if it habitually refuses to perform this duty, it should be treated, exactly as a machine.

First of all, you should see to it that the machine—your body—gets the proper fuel to urge it to function, as suggested in the last few paragraphs.

Then there are certain softeners that help the machine in a mechanical way when it has slowed up. They are what I call *food laxatives* and are to be preferred to all others. These mechanical softeners do nothing more than increase bulk and soften it. They are agar-agar, petrolagar, psyllium seed, and mineral oil. Because they aid the action of the body machine *mechanically* they are preferable, and any one of them may be taken until the bowel muscle is able to act without help. A small warm sweet-oil enema aids the function of the body machine. It gives speedy relief without upsetting the stomach as drugs may do, and without irritating the intestines.

The other type of laxative or cathartic insures bowel action by *irritation*. By aggressively irritating the walls of the intestine, the food is rushed forward until it is eliminated. Many times this occurs before the nourishment which the body needs has been taken from the food. This irrita-

tion of the walls of the intestine cannot do more than insure temporary relief. It cannot strengthen these laggard muscles, but its continued and frequent use can harm the delicate membrane of the intestinal walls and progressively weaken the peristaltic muscle action.

The choice of a laxative, if needed, or of a special anti-constipation diet, is not within my province. It should be determined by your physician. But there is another and vital consideration—the intestinal (peristaltic) muscle action itself, and the body conditions surrounding it.

The intestinal muscles, like all other major muscles in the body, are mechanically governed by circulation, nerves, and their own inherent virility; and they can be strengthened and their function can be adjusted by exercise. If there is no obstruction in the intestine and no stricture, even chronic constipation can be corrected by a well-planned routine of regular habits, diet and exercise.

The exercise routine which I have developed through many years' experience in my own studio, in colleges, clinics, and hospitals, carefully recognizes the structure of a woman's body. It strengthens the abdominal muscles so that they give proper support and aid to the organs within.

HOLIDAY: CONSTIPATION SERIES

Circulation is stimulated, assimilation induced, and nervous tension relaxed. Meanwhile the intestinal muscles themselves are kneaded and massaged and relaxed as the routine is followed. Gradually normal activity is resumed and the troublesome condition is ended.

How long does it require?

That depends upon the individual. Persons who have been troubled with constipation for a short time—as the result of an operation, a severe sickness, a vacation, a long journey, or faulty health habits—will usually respond within a very short time. Two weeks of persistent effort will often set them right.

Chronic constipation, as in the case of students troubled with this condition for years, requires a much longer time, naturally. A good fixed habit must be established, the proper diet must be ascertained, the muscles of the abdomen and intestine strengthened. But even such students respond within a month.

There are some persons who must always be careful because their metabolism is more finely adjusted, their nerve condition more easily upset. Every student I have ever had who was troubled with constipation has been materially benefited by the following suggestions and routine:

NEW BODIES FOR OLD
ANTI CONSTIPATION ROUTINE

Part One

Before you go to bed at night, eat fruit of some kind—an apple, an orange, four or five figs, or a few soaked raw prunes.

Remove clothes, so there is no restriction of any sort, then begin the exercises

I



1. Stand, bent over from the hips downward, with the hands placed on a chair or stool so that the body is at right angles and the back flat from the head to the hips. Relax the body as much as possible.
2. Blow all the air out of the lungs, with the mouth open while the air is expelled. Contract the abdominal muscles forcibly, pulling them back and up to the spine. Then relax them. Make this a sort of pumping motion, with a rhythm of one-two. Do this as long as you can with the air all out (six to ten times), then relax and again expel all air. This should be repeated five to ten times.

HOLIDAY: CONSTIPATION SERIES

II .



1. Lie on back, knees bent, and arms out to side.
2. Lift the hips and make a complete circle, pushing first out to the right, then upward, then to the left and return to first position. Repeat the circle in the same direction five times, then relax and circle in the opposite direction five times. Try to move the abdominal muscles as you are circling.

Repeat. Twelve to eighteen times altogether.

III

1. Lie on back with knees bent and feet on floor, arms being in a comfortable position.
2. Contract the abdominal muscles with a short, panting kind of breath taken in through the mouth. Move the abdominal muscles up and down in the same rhythm as that of the intake of breath. This will need practice in order to get the abdominal motion with the breath action. Little air is taken in—it is more of a quick contraction and expulsion movement.

Repeat a few seconds; rest; then continue.

All these exercises can be done in bed except the first one, but you will get better abdominal action if they are done on a harder surface.

NEW BODIES FOR OLD

Part Two

Plan to get up early enough to allow yourself sufficient time, so that you will not feel nervous, rushed, or hurried.

Stretch when you first awaken, so that you feel every muscle in your body. Get up and go to the bathroom, empty the bladder, then drink slowly two glasses of water, or one glass of orange juice and one of water. You can become accustomed to drinking this on an empty stomach by starting with a few swallows, then half a glass, increasing gradually. Squeeze a lemon in the water if you prefer. Drink hot or cold, whichever agrees with you. Go back to your room or spread a blanket on the bathroom floor.

I

- 1 Sit cross legged with the hands placed lightly on the knees
 - 2 Pull the abdominal muscles in just as hard as you can. The head comes forward, the chest is depressed, and the back round
 - 3 Push the abdominal muscles out and sit up straight. This should be sort of a rocking motion on the hips. Be sure the pull-in of the abdominal muscles is a strong one.
- Continue five times. Rest. Twenty times altogether.

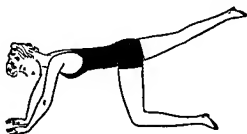
II



1. Lie on back with knees bent and feet on floor.
2. Pull the knees back, and straighten legs upward, lifting the hips from the floor. Continue this sort of motion for four times, then rest.

Twelve to eighteen times altogether.

III



1. On hands and knees, pull right knee back to chest, then swing it upward in back as high as possible, straighten the leg.

Continue the swing five times. Then use left leg.

Repeat twenty times altogether.

NEW BODIES FOR OLD

Now take your shower or bath. Rub the abdominal muscles with a kneading circular motion from right to left.

Eat a breakfast which is suggested in the beginning of this chapter.

Part Three

About half an hour after breakfast, go to your toilet, place your feet on a stool about a foot high, so that your knees are higher than your hips. Fold your arms across your abdomen, separate your knees, and in a slow waltz rhythm (which is about the same as the peristaltic muscle action in the intestines):



1. Bend forward from the hips and press in with the folded arms. Continue this five times, then relax.
2. Place the right hand on the abdomen with the palm of the hand on the right side and the fingers reaching to the left side. Press the palm of the hand in

HOLIDAY CONSTIPATION SERIES

from the right side, then make a circular massage motion, using a good firm pressure, not rubbing, going from the right upward, across to the left and downward. This is in the direction in which the mass moves in the large intestines, ascending, transverse, and descending colon.

Do this about six times, then rest and relax.

Next begin with the first movement of rocking forward and follow with the massage. Do this series four times, resting and relaxing in between.

Do not be impatient, and be sure the mental attitude is not one of doubt or worry. The continuous fear that you will not have a natural bowel movement is one of Nature's worst handicaps. If no results are obtained for the first two or three days, take a small sweet-oil enema to soften the mass. Do not take more than a few ounces of oil or a quart of warm soapy water, and empty the intestines at once. Repeat two or three times if necessary.

XIII

EXERCISES FOR VISCEROPTOSIS

XIII

EXERCISES FOR VISCEROPTOSIS

PRTOSIS of the viscera or organs lying within the abdominal cavity is not a disease, as it is commonly thought to be. It is a physical condition which is characteristic of a certain type of body.

The long lean body almost invariably has long, low-hanging organs. There is little supporting fatty tissue, with a natural laxity of the muscles, and a ptosis or falling condition is the result.

Many women who have visceroptosis are unaware that the discomfort and the depression which they are experiencing can be alleviated. They 'drag' about, sometimes for years, while, if they but knew, a well-planned *régime* of diet, exercise and rest would make them fit as a fiddle.

The usual symptoms of ptosis of the viscera is discomfort after meals. Even a light meal may be followed by frequent belching and a nauseous, gaseous condition. Sometimes this is so severe as to cause faintness and a feeling of 'chills.' Back-ache is common. There exists a feeling of undue

fatigue and a sensation of being 'pulled down' within the abdomen.

The majority of women who have a tendency to this condition are nervous and high-strung persons continuously overworking and in a constant mood of annoyance and worry.

If you have discovered these symptoms within yourself, or if you know that you have a tendency to visceroptosis your first step is to consult your doctor. He will undoubtedly require X-rays or a fluoroscope picture of this section of your body. If he finds that a ptosis actually does exist he will urge you to eat frequently and to take highly nourishing foods. He will advise you to rest before and after eating and to chew your food slowly and thoroughly. And he may suggest that you be fitted to a corrective corset and that you do a daily routine of exercises.

The purpose of this chapter is to help you carry out this routine advised by your doctor. Therefore I suggest that you take this book to him. Talk over with him the exercises recommended at the end of this chapter and be guided by his advice.

All the exercises given here have been worked out under the direction of physicians and have been declared by them to be helpful in correcting this condition.

EXERCISES FOR VISCEROPTOSIS

In my own studio the results obtained by students with ptosis have been more than satisfactory. Students who have followed my *régimes* for even a few months have found their nerves more quiet, their insomnia ended, their weight increased. The 'dragged-down' feeling vanished, and in its place has come a decided recovery to a feeling of buoyant physical fitness.

First you must set about to correct the condition which is inducing the ptosis. The need is to gain a layer of fat that will support the internal organs, to restore the laggard abdominal muscles, and to give natural snap and tone to the muscle fibres themselves.

My *régime* is as simple as it is effective. You must eat to create fat and you must exercise to build muscle tone.

Five meals a day is your diet schedule. You must have a nourishing breakfast. Milk (or if you have an idiosyncrasy against milk you may take one of its substitutes) at ten in the morning and at four in the afternoon. Before retiring you must have more milk or ovaltine. In the beginning it is better to eat a little at a time, but that little must be highly nourishing. Gradually, as the ptosis is corrected, it will be possible for you to eat more without discomfort.

At least ten hours of sleep are essential. As much rest and relaxation as possible must be had during the day. If you find it difficult to sleep, the 'Lullaby' routine given on page 160 should be followed.

This *régime* will induce you to gain weight after the first week. The amount gained will naturally be determined by your systemic condition. But gain you will, if you persist.

But added weight, while necessary, is not enough. You must brace and tone the supporting muscles of the abdominal region. There is but one way to do this. You must exercise. And that exercise must act directly upon the large interlacing abdominal muscles and ligaments.

My exercises for visceroptosis are focussed directly on the weak part. They strengthen the abdominal walls and build up the tone of the ligaments and muscles supporting the organs. They speed up the circulation in these parts and the quickened blood-stream hastens to supply the needed nourishment to this area. In a short time you find that your food capacity is noticeably increased.

In this area are important nerve centres. The exercises act on these nerves so that their tension is released and the digestion becomes easier and

EXERCISES FOR VISCEROPTOSIS

more thorough. Thus the needed supporting tissue is built up, the lax muscles invigorated, and the organs given a necessary support. •

I know of no phrase which describes the results of this *régime* quite so accurately as do the words of one of my students who came to me in the spring, worn, nervous, scrawny. In the fall she came to the studio, healthy, happy, and fourteen pounds heavier. "I have followed your ptosis *régime* all through the summer," she said. "I feel like a *new woman*!"

PTOSIS EXERCISE ROUTINE

I

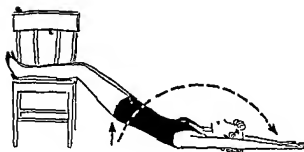


1. Weight on hands and knees and folded arms, head resting on arms, hips perpendicular to knees.
2. Keeping above position, pull abdominal muscles in as hard as you can. Relax. Then repeat contraction five times.

Roll over on side and relax completely.
Repeat exercise four to six times.

NEW BODIES FOR OLD

II



- 1 Place ordinary straight-back dining-chair sideways at end of mat
- 2 Lie on your back on mat with your buttocks close to chair, raise legs and lower them across seat of chair, arms at side of body
- 3 Draw hips upward and fling arms back over head, weight on shoulders Return to first position, hips on mat

Repeat four times Rest with legs still over chair Eight to sixteen times altogether

III

Substitute for Exercise No II as Muscles get Stronger

- 1 Same starting position as No II
- 2 Raise hips and make a complete circle of the middle of the body, pushing up, out to right side, down, out to left side, and continue circle three times in same direction Rest

Repeat circle to left side three times

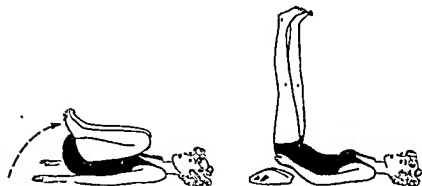
Repeat twelve to eighteen times altogether

EXERCISES FOR VISCEROPTOSIS

IV

1. Same starting position as No. I.
 2. Shift weight to arms and toes, raising knees from floor and humping the back in air. Return to first position, relax for few seconds, repeat movement four times.
 3. Roll over on side and completely relax.
- Repeat entire movement four to twelve times.

V



1. On back, with hips raised from mat about four to six inches on large pillow, book or pad, or inclined board.
 2. Pull knees back to chest. Then extend legs straight up in air, holding hands under hips. Lower knees back to chest.
- Repeat three to nine times altogether.

XIV

GETTING BACK INTO SHAPE: POST- PREGNANCY EXERCISES

XIV

GETTING BACK INTO SHAPE: POST-PREGNANCY EXERCISES

You have a baby. You never were so blissfully happy in your life. All to yourself you hug another joy. You're rather ashamed of this feeling, though. You keep it a secret. But *you* are glad to have your own body to yourself again. And it's so *flat*—so beautifully, delightfully flat . . . Your new slimness is like a strange intoxication. You want to go out and buy all the gay clothes in town.

But when you finally begin buying the new clothes, you are disappointed to find that you are not so small as you thought you were. Though you have not put on any weight, you're horrified to find that you're getting a 'tummy.'

What has happened to change your proportions? Why this sudden new thickness about your middle?

It's time to get acquainted with this new body which is yours. The change in your measurements is due to your abdominal muscles, which

have been stretched—especially the longitudinal ones. About six weeks after childbirth they tend to become flabby and take on fat. Then the abdomen, which appeared so gloriously flat at first—because of the complete slumping of its wall, with its muscles too long to feel much pull in ordinary movements—tends to ‘spread’.

‘Spreading’ seems to be a phenomenon to whose occurrence a woman becomes more liable after childbirth. Even the hard toned athletic woman, who has heretofore discounted it, seems subject to it. In fact, a year after childbirth, any woman is likely to find herself with hips practically as narrow as before, but with abdomen enlarged by the accumulation of fat and spongy tissue on lengthened muscle.

When one is fresh in the morning, it is easy to hold the abdomen up and in, but later in the day, when fatigue sets in—particularly when one is called upon to stand for some length of time—it will require a continuous voluntary effort to keep the muscles taut. Relaxed, the pull of gravity and the weight of the abdominal organs will cause them to lengthen and the tissues to spread. A woman at this time is apt to measure an inch to several inches larger round in the evening than in the morning.

GETTING BACK INTO SHAPE

The sponginess of the tissue, the tendency to spread, may be helped by wearing a girdle, but it is a crutch only. It helps from the outside and æsthetically. It cannot be depended upon to do all the work. It will not restore muscle-tone nor prevent the accumulation of fat on the abdomen. It may even prevent the return of the muscles to a natural strong condition. Then, too, a woman accustomed to wearing one constantly will find herself tired and aching without it, if she depends too much upon it. So she gains in strength at first with the help of the girdle, but she still remains larger, and perhaps increasingly so. The ideal combination, therefore, is a girdle, if you need it, plus exercise—the girdle to lend needed support at first, the exercise to strengthen and give tone to the flabby, fattening muscles.

A *brassière*, which is an uplift type of garment, should be worn. It should be one which gives support to the pectoral and breast muscles rather than the kind which pulls the breasts downward.

A noted obstetrician recently said that the conditions above described are 'the penalty a woman pays for being of a race which stands erect,' and so exercises are needed to build muscle strength that the effect of the long carrying of the baby and gravity may be counteracted.

The time to begin to exercise is during the first six weeks, and some obstetricians advise exercises while still in bed. Some doctors say the sooner the better. However, at this time there are several factors to consider. There are the large and lactative breasts if one is nursing, and a possible sensitiveness even if not nursing. Back-pain is not uncommon, and easy fatigue is understandable after what one has gone through.

Women frequently put on weight at this time. They have the mistaken idea that they must eat rich foods, or, as the saying goes, 'enough for two.'

The diet of the nursing mother does not need to put on extra poundage. If two cups of weak tea are taken just before nursing, it will take the place of milk drinking and is just as effective for producing milk, according to the experience of the leading pediatricians of two of our largest hospitals. If it is necessary to supplement the calcium in the milk it can be taken in the form of calcium lactate by prescription from your doctor. Excessive sweets and starches should be eliminated, also rich gravies and creamed soups. A diet with these eliminated should not induce added weight.

But here you are on your own two feet, in complete possession of your own body—looking long-

GETTING BACK INTO SHAPE

ingly at windows filled with gay-coloured dresses
Drop that inertia. Lie down on your mat and do
these exercises exactly as they are written here,
and as you follow these routines from week to
week you will realize that they give you a 'lift.'
And your tape-measure will announce that the
extra inches around your abdomen are going—
going—gone

POST PREGNANCY ROUTINE

Third Week



- 1 Knee-chest position is the one exercise most people know and use. On hands and knees, arms folded and head resting on them, hips should be in straight line from knees upward. Hold this position and contract abdominal muscles forcibly, repeat five times, then roll over on your side completely relaxed.

Repeat whole series from one to five times according to strength.

- 2 On back, draw the knees to a bent position, feet placed on bed and apart. With the mouth open take short quick breaths, moving the abdominal wall up and down. At the same time as you draw

NEW BODIES FOR OLD

in the breath the abdominal wall is pulled in, and as you let the air out in a sort of expulsion fashion the abdominal wall goes out.

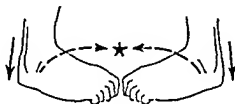
Repeat six to eight times. Rest. Repeat the series four or five times.



3. Lie on back, knees bent, feet on bed, arms at side. Raise hips and fling arms back over head. Lower to first position.

Repeat four times. Rest.

Work up gradually, second day eight times, fourth day twelve times. On the sixth day add to the movement a strong pull-in of abdominal wall after the hips have been drawn upward.



4. From a stretch position, legs slightly apart, heels downward, grip the toes and pull the outside border of the feet towards each other, and the big toes in towards each other. At the same time raise the head and look down towards the feet. Relax.

Repeat four times, increasing each day up to twelve times.

GETTING BACK INTO SHAPE

5. Lie flat on back clasping hands in front of you, and raise head, neck, and shoulders forward a little way from the bed.

Fall back and relax.

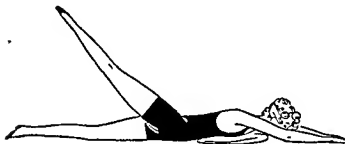
Repeat three times, increasing each day by one up to nine times.

Fifth Week

1. Stretch. Lie on back, arms over head. Keep the hips flat on mat and raise right shoulder and right arm and roll over to left side. Relax and roll to opposite side.

Repeat three times each side.

2. Keeping shoulders flat on mat, arms over head, push right hip up and over to left, twisting in the middle and side muscles. Return to first position and repeat with left hip.



3. Lie on face, pillow under abdomen to help protect the breasts. Lift the right leg upward and swing it over to left side. Return. Repeat with left leg.

Repeat twice for each leg, increasing two additional times each day up to eight or ten times.

NEW BODIES FOR OLD

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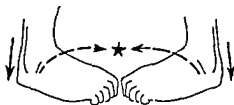
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GETTING BACK INTO SHAPE

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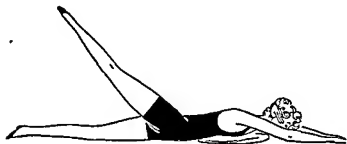
Repeat three times, increasing each day by threes up to nine times.

Fifth Week

1. Stretch. Lie on back, arms over head. Keep the hips flat on mat and raise right shoulder and right arm and roll over to left side. Relax and roll to opposite side.

Repeat three times each side.

2. Keeping shoulders flat on mat, arms over head, push right hip up and over to left, twisting in the middle and side muscles. Return to first position and repeat with left hip.



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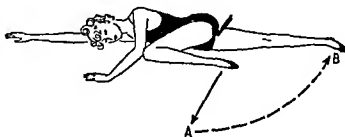
Repeat twice for each leg, increasing two additional times each day up to eight or ten times.



4. In the same prone position as above, arms stretched out in front, raise the right arm, roll it over to the left, lifting the shoulder. Keep the hips as flat as possible. Return to position and raise the left arm and roll it over to the right.

Repeat twice with each arm.

Repeat, increasing two additional times each day up to eight or ten times.



5. Lie on right side with right arm straight out under right ear, left hand placed in front of body. Pull left knee up to chest, extend out to front, and swing down to straight position.

Repeat twice. Turn over to left side and repeat twice. Increase twice each day, each side, up to six times for each side.

6. On back with both knees pulled back to chest, rock the knees back, lifting the hips a little from the bed each time.

GETTING BACK INTO SHAPE



Repeat three times. Rest. Increase three times per day up to nine or twelve. As the abdominal muscles get strong you will be able to lift the hips higher.



7. Turn over on knees, fold arms and place head on them. Be sure knees are perpendicular up and down. Extend right leg up in air, return to position, and alternate with left leg.

Repeat twice with each leg, then hold this position and rest. Increase one time each leg per day up to four times each.

When you get to this number, do four times each, then relax in this position, then repeat each again four times.

Walking on 'all fours' and crawling are considered good positions to help tip the internal organs back into position and to relieve the strain from the lower back.

XV

HIGH SPOTS

Lifting the baby and heavy objects should be done by bending the knees and lifting from the thighs and legs, rather than bending over and lifting from the lower back muscles.

XV

HIGH SPOTS

XV

HIGH SPOTS

I

WHY should I exercise at the end of the day when I am tired instead of in the morning when I feel fresh?

Light setting-up exercises before breakfast are excellent. They are healthful eye-openers. It has been definitely proved, however, that too strenuous exercises in the morning are devitalizing. They are more beneficial and effective after breakfast or late in the day. Tiredness frequently is nerve and mental fatigue rather than a muscular fatigue. Exercise increases the circulation, induces deeper breathing, and relaxes the nerves. Fatigue poisons are carried away. The result is that your body is actually 'purified' and refreshed. Sleep, which follows, then is deep and restful.

II

Will you help me to eliminate some very ugly bulges, that I may venture forth in my pet bathing-suit with

complete peace of mind? The trouble is—my ‘derrière,’ and the upper part of my thighs are too fleshy. Will you suggest some exercises to help me to correct these faults?

Consult Chapter VI, “Hip, Hip, Away.”

III

Unless by February the fifth I lose ten pounds, I lose a very good job. Is it too much to ask you for a diet that I can begin on within the next three or four days, whereby I can lose those awful pounds? I am five feet three inches, weigh 138 pounds, and want to get down to 125 or 130 pounds.

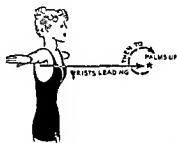
I do not approve of strenuous dieting. It may take off pounds, but may leave you nervous, depressed, devitalized, and a ready victim to cold-germs and the like. My advice is to go to your physician or a diet specialist and have a proper régime planned. At the same time follow a general body work-out such as is described in the various chapters of this book. Read the story of H. M. Q. in “From the Record,” Chapter II. Congratulations on starting to reduce when only ten pounds overweight! You can do this amount of reducing healthfully and quickly, and in six weeks you can be a ‘new woman’ and keep your job.

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IV

My upper arm is actually larger than my husband's, but the rest of me is not bad at all, even if it doesn't seem quite modest to say so. Is there any exercise that would thin this one exasperating part of my anatomy? I look awful in evening dress, especially when we dine out and you can't see the whole of me.

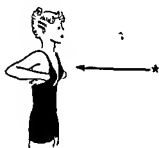
Certainly you can reduce your upper arm. My exercises are planned and selected so that they work directly upon the part of the body which needs correction. Here are two excellent exercises to reduce a fleshy upper arm. It is most unusual to have heavy fleshy upper arms and not to carry extra flesh on other parts of the body. I would advise you to check your measurements against the chart on page 25. Notice particularly your thighs, and if they are out of bounds, follow exercises in Chapter VI as well as these which reduce the upper arm.



1. Sit or stand with arms out to side, shoulder high, hands bent sharply at wrist with palms and fingers

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pointing backward. Move arms forward with resistance, wrists leading.



2. When arms are straight out in front of body, make a circle of hands, finishing with palms up. Fold hands back over wrists, and bend elbows. Turn hands and arms inward so that right hand passes under right armpit, left arm under left armpit, and extend straight out to side with palms up. Relax. Six times altogether.

V

My husband used to like to play golf with me, but lately I'm beginning to worry. Every time we come in off the links he talks about what beautiful legs I "used to have." I know what he means. When my dress blows he sees my knees, and they have a little pad of fat around them. Are there any exercises which will reduce fatty developments at the knee?

Here are two exercises which reduce fatty pads at the knee and also the inner thigh. Follow them, night and morning. Results will not be obvious

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for several weeks, and then, as you persist, your tape measure should show a gratifying reduction

- 1 Sit with legs bent outward and soles of feet together. Place hands on fatty pad on inside of knee and rock sideways on hips, pressing knees down as you rock. Rock eight times. Rest. Repeat.



- 2 Same starting position as above, except the arms are extended straight forward. Reach straight forward with the arms as far as you can reach. Then place hands back of hips on mat and lift hips upward, keeping knees apart, let the head fall backward. Lower hips and again extend the hands forward. Repeat this four times. Rest. Eight times altogether.

VI

Will walking reduce?

No, not unless you do a great deal of it. Walking is mainly a leg exercise. Its real benefit is that it induces deeper breathing of fresh air and increases the circulation, and thus helps to throw off the body's poisons. However, if done in cities it is oftentimes more harmful than beneficial because of the crowds, the traffic, and the stale

dust-filled air. If you must walk in the city, go to the park or open spaces and walk there.

VII

Should I exercise when menstruating?

Yes. The exercises should be less strenuous. Well-chosen exercises performed in a leisurely manner will relieve congestion and mental depression.

VIII

Should I bathe during my period?

Certainly. Showers and warm baths are harmless and induce comfort and cleanliness.

May I go in swimming at this time?

No. Swimming and all competitive athletics should be discontinued at this time.

IX

Can women do the same type of exercise as men?

No. A woman wants flexibility and grace rather than strength. She wants long, lean muscles rather than bunched muscles. Therefore she should take exercises which include the whole body rather than those which concentrate on chest and arms, such as are generally given in men's gymnasiums.

X

Will horseback-riding reduce the buttocks? ♀

Continuous and hard riding will, but no woman could endure enough of it.

XI

What sports do you recommend for women after forty?

Swimming, horseback-riding, golf, bowling, fencing, and tennis—if one has played them before or starts them very gradually. Also rhythmic dancing, if not too strenuous at first.

XII

I have a gorgeous new dress with a train and a very low back. In fact, it hasn't any back. Mother has grumbled at me for years, saying that my shoulders are bumped, and I believe she is right. There's a big dance next month, and I am going with the captain of our school football team. Dear Miss Nye, what should I do?

It is too bad that you didn't take those shoulders in hand sooner. A month is a pretty short time, but start to-day and continue every day. If you do the right things for a month you should be able to handle the shoulders and incidentally the new train with the greatest of ease. Read Chapter VIII, "How do You carry Yourself?" Follow

my exercise menu at the end, and add to this a few of the exercises at the end of the chapter, "Begin in the Middle"

XIII

My otherwise perfect 32 is slowly but surely being ruined by a too large bust Will you please advise me if there is really anything corrective that can be done

Frequently the bust can be reduced and made firm Chapter V, "Uplift Work," describes my method, which has been effective in many cases

XIV

A mere wraith of a girl down to my knees, and then I billow out Fat knees, big calves, thick ankles I've tried a roller, kicking, squatting, bending—all manner of violence—but nothing happens What can I do? I can't diet I'm too thin everywhere else

You can reduce the ankles, if there are fatty pads around the ankle joint When the bony structure itself is large, there is little hope If there is puffiness and swelling around the joint a doctor should be consulted

- 1 Sitting position, heels placed on floor, extend feet forward from ankles Then pull feet backward Repeat five times Then shake feet to relax them,

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2. Alternate above exercises with the feet circling outward, downward, and inward. Repeat complete routine about twenty times, first part and second part, alternating.

For ankles, calves of legs, and thighs:

1. Stand with feet eighteen inches apart. Turn the body on the balls of the feet to the right and bend both knees almost to floor. Turn to the left and bend. Repeat four times, alternating, first right, then left. Twelve times altogether.

XV

What is muscle tone?

Tone is the elasticity of the muscle fibre. A muscle without tone is like an old rubber band; it is lifeless. Its snap is gone. Exercise will restore this elasticity by strengthening the muscle fibre and breaking down the fatty tissue between these fibres.

XVI

Is it possible for a woman to have a flexible body at sixty?

Yes, if she begins to exercise when young or even at middle age and continues to do so regularly and consistently.

XVII

Why are high heels harmful?

High heels place most of the weight on the metatarsal arch. They shorten the tendons of the back of the legs and tip the pelvic organs out of position. They cause backaches, headaches, and invariably induce bad posture and bad feet.

XVIII

My son tells me that a woman shows her age in her feet first. If this is true I should be a great-grandmother. Is there any relief for feet that are taking longer and longer shoes, but that continue to ache and burn?

Your arches are breaking down. Your feet are spreading and demanding longer shoes because their bony structure is flattening. The youth of aging feet can be restored, in part, at least, by regular, persistent exercise. Exercises will help to give tone to the muscles which support the bones of the arches. You may need to resort to arch-supports, temporarily, if your feet are giving you considerable pain and fatigue. Read what I have to say about feet in Chapter VII, "The Bridge of Sighs."

HIGH SPOTS

XIX

The other day I caught a glimpse of myself in a shop-window. It was awful! I walk like a sheep. You know what I mean—EVERYTHING follows my nose. Can you recommend some exercises that will help me walk like a human being?

You must line yourself up. Read the first two chapters and then adopt the posture menu that begins on page 110. A general body practice will also be helpful.

XX

My trouble is that I was born PAST my time. I should have entered the world when a small waist and a bustle were admired. I could have saved money on bustles. Will exercises really take down the superfluous flesh?

Yes, with persistence. Follow the exercise menu in the chapter, "Hip, Hip, Away."

XXI

They tell me your exercises are 'different.' Are they? You see, I am rapidly approaching the thickening stage. Twice this week I've caught myself taking hold of a banister. At this rate policemen will soon be assisting me across the street with their most gallant 'little mother' manner. I know it's exercise I need to tone

up these dear old joints and muscles, but I shudder lest it make me a complete cripple, for I have often seen exercises do this to more valiant souls (bodies) than mine. What's to be done?

Take it easy. The exercise, I mean. There is no reason why anyone should suffer from exercise. Start easily and gradually, work up to a more strenuous exercise menu. This book will tell you how.

XXII

I am a thin woman, but I have a chin that is twins. I've bought creams and astringents until I don't dare cheat the grocery budget any more. Is there anything to be done that will correct a double chin? If you were Beatrice Fairfax I'd sign this letter "Desperate."

Double chin is frequently caused by bad posture. Check up on yourself; read the chapter on posture. In addition to the posture exercises you probably need special neck exercises. Here are two neck exercises that make firm and strengthen the muscles and keep the neck looking youthful.

1. Lie face downward over the edge of a bed or couch. Move the head downward. Then raise head and tilt it backward as far as it will go. Repeat times. Rest. Fifteen times altogether.

HIGH SPOTS

2. Sitting comfortably, drop the head back as far as it will go, keep the chin up, and bring the neck forward, extending the jaw outward. At farthest extension bring the chin slowly downward towards the chest, push the head and neck backward, and return slowly to starting position. The chin should have made a complete circle up, outward, downward, and back. Use resistance throughout the movement. Four times. Relax. Eight to twelve times altogether.

XXIII

Should I continue to exercise all of my life?

Yes; one bath doesn't keep you clean more than a few hours.

XXIV

My bathroom scales haven't moved either upward or downward, and yet I'm getting a tummy. It's a very decided tummy. Refuses to respond to all my efforts of camouflage. I pull it in hard, I even hold my breath, but there it is. Can you suggest a series of exercises that will put it in its place and keep it there?

Consult the chapters on "Posture" and "Begin in the Middle."

When I have done these exercises every day for two weeks and get discouraged, what should I do?

Go shopping for a new dress or a new corset. That is the best incentive to further exercise I've ever discovered.